

A woman with short blonde hair and glasses is smiling and performing a dance. She is wearing a blue sequined top and a long, flowing purple skirt. Her arms are outstretched, and the skirt is billowing out around her. The background shows a sunset sky with palm trees and a building.

Health benefits of Dance:
Promotes memory and a Clear Mind
Builds Strength
Lifts your Spirits,
Antidote for depression
Improves Balance
Improves Heart
Lose Weight
Make Friends

FLOWING ENERGY DANCE with B.B.

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*Benefits of Vibration, Rebounding and YES shimmy dance!

Enhances digestion and elimination.

Stimulates metabolism.

Lowers elevated cholesterol and triglyceride levels

Reduces cellulite, stimulates Lymph System

(Cellulite is frequently caused by a stagnant lymph system. By increasing the lymphatic flow in your body, rebounding can reduce one of the main factors that lead to non-hereditary cellulite.)

Metabolic-supporting exercise.

Lose weight and Keeps lost pounds off

Helps prevent emotional eating

Increases stamina to keep you going.

Helps you maintain stable blood sugar.

Burns calories

Has anti-inflammatory effects.



This is a helpful, handy, booklet to enhance your experience in my classes.



Let the rejuvenation begin!

1. Activating the chi/ energy exercise Swing with hands in gentle fists. It is important to gently hit kidneys (lower back area)
2. Activating under the arm where the spleen and gall bladder channels are. This is the most untouched area of the body. Gently tap down, up middle of body, opening up the channels in the body.
3. Open up and draw in energy- Turning the stars and moving the Big Dipper.
4. This is the most important movement in the warm up. Get in Horse stance, bend the knees and bounce. This movement activates the chi throughout the whole body. We'll do for a few minutes but at home if you can do this for 5-10 minutes it will be highly beneficial.

5. Large hip circles

6. Neck circles slowly

7. Vagus nerve neck stretch, eye movement (*The Vagus nerve is responsible for the regulation of internal organ functions, such as digestion, heart rate, and respiratory rate, as well as vasomotor activity, and certain reflex actions.)

8. Shake hands- just from the wrists, do vigorously. This movement opens up the channels to the brain, all arm movements run up into the head. Do 20 to 25 times. Also helps creativity.

9. Shoulder stretch *especially if we add Wing Therapy™ see notes at the end of booklet.

Part 2: Belly dance steps and moves

1. Large hip circles in both directions with hopping
 2. Small pelvic circles
 3. Isolate hip circles in both directions
 4. Hip thrusts
 5. Infinity loop
 6. Undulations
7. Normal Shimmy, Shimmy 1, 2, 3 shimmy while walking, super shimmy.
 8. Las Vegas turn

9. Basic Egyptian step

10. Grapevine step

11. Kick step

12. Hand Movements, Open curtains, Close curtains, Flower hands on head, Self-Caressing, Pyramid hands.

13. Free Flowing Energy Dance!

14. If desired we can do E.F.T -

<https://bbberg.wordpress.com/2022/09/19/free-e-book-free-your-life/>

15. Cool down with Somatic Breathwork





Introducing a new
Dance ~ Exercise Workshop
Wing Therapy™

B.B. Berg:
Founder and creator of this
new innovative Dance class is
now available for classes
starting mid September.

Offering classes to all suitable
gyms and dance studios.



Wing Therapy™

A great cardio workout.

Whittles the waist.

Abs and core strengthener.

Increases grace and posture.

On a Spiritual level:

Increases Self Love, Self Esteem
by making us feel Beautiful.

This method has a Unique way of
Opening up our Heart Chakras
and Embracing our Inner Child.

Oh...

Did I mention lots of Fun!

What do we do in class?

Deep Yogic Breathing
Belly Dance and Tai Chi type
Movements.

Swooping movements that
literally cleanse our Auras &
brings Oxygen and Light into our
Chakras.

Music & Rhythm coordination.
Choreography

Cool down Mediations & E.F.T.
(Emotional Freedom Technique)



Facebook page ~ B.B. Berg Singer, Performer
Facebook [ButterflyDreamzbbberg](#)

B.B. Berg

Contact:

702 505 1722

BBbergjazz@gmail.com





"The Greatest Light
comes from
The Greatest Transformation"

Flying a kite in Tecopa Ca
by: B.B. Berg

bbbergjazz@gmail.com

<https://www.facebook.com/B.B.Berg/>

<https://www.instagram.com/bbbergjazz/>

<https://twitter.com/bbberg>

The cause of all negative emotions is a disruption
in the body's energy system

