

# Belly Dancing and True Female Power

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# Belly dancing and pregnancy

- Relevance to us
- Relevance to women
- Relevance to midwifery
- Some basic moves!

# Relevance to women

- Intrinsic femininity
- Acceptance of pregnancy transformations
- Connection to female power within
- Reinforcement of normality
- Connection with baby

# Relevance to midwifery

- Reinforcement of instinctual behaviour
- Reassertion of feminine power
- Reclaiming and reaffirming normal birth

# Movements for you!

- Hip Circles
- Myers
- Hip sways
- Reverse camel
- Rib rotation
- Pelvic tilt
- Goddess pose

# Conclusion

- Space and time to reconnect with your body, your baby and your power
- Transcending the ordinary
- Excellent for abdominals, oblique's and the pelvic floor
- Release your inner goddess!