



**Zahida Palma: The Potential Of Belly Dance In Trauma Healing**



Zahida shares the healing power of bellydance with nearly 20 years experience teaching, dancing and healing. Hear a perspective on how pelvic-centric dance helps reclaim bodies and uplift spirits, and learn how to dance for yourself.

**TOP EMBODIMENT TIP:** Embodiment is everything.

**Bellydance: What is it?**

- Ancient origins in Egypt; awalim and ghawazi styles, raqs sharqi; orientalist lens - danse du ventre “belly dance”.
- Carries many cultural references as well as cultural appropriation and misunderstandings; from mainly woman dancers to men dressing in character as women to dancers in movies to links to sex work.
- Two types of movements: isolation and coordination; soft and sharp; pelvis-centered, accessible, tracing, being soft, inherently and necessarily relaxing.

**Trauma Recovery: How bellydance helps**

- Project Bellydance for Joy: free classes for female survivors of trauma, domestic violence, sexual abuse, asylum seekers; safe house/host home 1x a week practice, talking and connecting, bringing joy and positivity to life.
- Two bodies; physical and brain-map body, trauma erases a piece or parts of brain-map body.
- Traditional bellydance done in women-only spaces; safe for survivors of femme-based trauma; body-centered, joyful movements, centered in pelvis/pelvic floor/genitalia, not about sex. In body/brain-map healing, it helps the body “map up”, including body-as-is acceptance. In the social side of bellydance - at the *Hafla* - dancers gather to dance.
- New sensory inputs create space for new imaginings about oneself; new music, movements, people, and feelings.
- Anecdotal evidence: movements intuitively used in birth to help labour; manage stress and ease menstrual pain.

**Experience: Teacher**

- Personal experience of family and social trauma, body-specific bullying; feminist, migrant, woman, student; body in water as teacher; West African, flamenco, contemporary, ballet.
- Project Bellydance for Joy Results: empowerment, focus, joy, hope.

**Resources**

- ❖ **Courses:** [Bellydance With The Moon - 29 Days To Start Bellydancing](#), discount code: TEC2020
- ❖ **Website:** [dancepandemic.com/](http://dancepandemic.com/)
- ❖ **Email:** [hola@dancepandemic.com](mailto:hola@dancepandemic.com)
- ❖ **Resources:** [Belly Dance as an Embodying Activity?;](#) [Effectiveness of Dance on Patients With Fibromyalgia](#)



## **Zahida Palma**





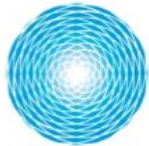
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**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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