



Midnight at the Crossroads: Has Belly Dance Sold Its Soul? (Paperback)

By Alia Thabit

Dance Art Press, 2017. Paperback. Condition: New. Alia Thabit (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Belly dance and its music arise from an Eastern ethos of feeling, improvisation, and joy. However, it s hard for Western dancers to discover these principles--and even harder to embody them, steeped as we are in an aesthetic of appearance, choreography, and perfectionism. All arts grow and change, that s part of their nature. But in this case, there are surprising advantages to embracing the Eastern way, including brain health, trauma healing, and a connection to the Divine. Join Alia Thabit, an Arab-American dancer with forty-five years of experience, as she reveals the secret soul of the dance--and how to make it your own. Find resources and learn more at.



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