Abstract
The belly dancing subject is contained within dominant historical, Orientalist and essentialist discourses. An existing body of literature examines the belly dancer as 'subject of' and 'subject to' social and gendered discourses within social contexts. However, the literature has failed to address the question of relationships between three spheres of meaning in belly dancing, these being 1) the social sphere and discourses of the social world; 2) the individual and personal sphere; and 3) the… Read more
6. Belly dancers have less intense menstrual cramps. Strengthening of pelvic muscle groups and improvements in blood circulation help prevent cramps over time. However, practicing belly dance can also relieve cramps when they occur. It’s even recommend by the Kotex brand. This guide is meant to alert you to many of the potential benefits of belly dancing, allowing you to create a practice that serves your needs best. References and Further Information: al Musa, M. (2011).