



Zaida: Belly Dancing for Older Women

Phoebe Carter

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Your height your weight your body shape your age the colour of your eyes -do not matter when you want to learn to belly dance. You will feel healthier, more energetic and happier, than you have ever felt. You will feel you are a beautiful woman. You will feel self-assured. You will feel JOY! Zaida first started to belly dance at the age of 60 and has felt healthier and happier in the past 5 years than she ever did in the previous 6 decades. This book was written especially to encourage you, the older woman, to DANCE to experience your true, inner self to experience JOY! Try this form of gentle exercise for just a few months and you will never want to stop. 'Always yield to temptation, because it may not pass your way again'

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