



# **Bellydancing for Fitness: The Sexy Art That Tones Your Abs, Bum and Thighs**

*Rania Bossonis*

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## **Bellydancing for Fitness: The Sexy Art That Tones Your Abs, Bum and Thighs** Rania Bossonis

A how-to book featuring the timeless art of belly dancing, which is not only beautiful and mysterious, but also sexy and a serious workout! Rania teaches women the history and symbolism of belly dancing whilst helping them tone-up and dance their way to the body they've always wanted. Simple at-home routines address problem spots and shed a decidedly different light on how to effectively shake the pounds off and shimmy the muscle tone on. An instrumental CD completes the package.

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