



RECLAIM YOUR BODY BACK THROUGH BELLY DANCE

by
Claudia Massera

E-BOOK



RECLAIM YOUR BODY BACK THROUGH BELLYDANCE



**THIS 21 DAYS PROGRAMME
IS FOR PEOPLE
OF ANY GENDER, AGE, SHAPE OR SIZE
WE WILL START IT ONLINE & LIVE
ALL TOGETHER IN MAY 2021
BUT ANYONE CAN START IT ANYTIME
AS IT WILL BE ON DEMAND
ON OUR
ONLINE LIBRARY**

**YOU CAN JOIN US FROM ANY PART OF THE WORLD
AND JOIN OUR
PRIVATE FACEBOOK GROUP
[CLICK HERE](#)**

RECLAIM YOUR BODY BACK THROUGH BELLYDANCE



**MOVEMENT NEVER LIES
IT TELLS THE STATE
OF OUR SOUL, OF OUR MIND**

**WHAT OUR BODY IS REPRESENTING TODAY IS
THE STATE OF OUR MIND
THE STATE OF OUR SOUL
AND THE ONLY WAY
WE CAN TRULY UNDERSTAND IT & EXPRESS IT
IS FOR THE BODY TO COMMUNICATE IT TO US
& FOR US TO LEARN TO LISTEN TO IT**

**THROUGH THESE 21 DAYS
WE ARE GOING TO FIND OUT
WHERE WE ARE AT NOW
PHISYCALLY & MENTALLY
LISTEN TO WHAT WE ARE GOING THROUGH
AND HEAL IT THROUGH DANCE**

RECLAIM YOUR BODY BACK THROUGH BELLYDANCE



**THIS PROGRAMME IS ABOUT
HONOURING YOUR BODY
&
UNDERSTANDING THE LANGUAGE OF YOUR SOUL
THROUGH BELLY DANCE**

**RECLAIM YOUR BODY BACK
AS ONLY YOURS
AS YOUR TEMPLE
AS A SACRED SPACE
THAT IS CONSTANTLY SPEAKING YOUR TRUTH
AS A GIFT
PERFECT JUST THE WAY IT IS!**



This is your time

*To deeply heal your body & mind
THROUGH DANCE*

*To expand your potential.
To listen & honour your body
PERFECT JUST THE WAY IT IS*

*Stop putting
your heart's desires on hold.
Do it for you...do it for your body...
do it for your soul!
don't miss a chance
TO DANCE
& GET EMPOWERED WITH US
We will guide you
EVERY STEP OF THE WAY*

With love Claudia

BEGIN YOUR JOURNEY

WOMEN ARE TIRED

***'Women are tired of being told
their value is based
on their look, their body, their size or shape.
Women are tired to see their body as an ornament!'***

Women are tired of seen their body divided
into two main categories:
assets to be highlighted or problem areas to be targeted.

It's time to stop seeing our body as an ornament
and reclaim it back

***As an instrument
that never lies &
that communicate the language of our soul
as our own sacred temple
perfect just the way it is!***

It's time to make peace with our body
and give ourselves unconditional permission
to love, honour, listen to our wonderful gift
and move it
when and how
it feels like

**Time to be reunite with your whole,
EMBODIED SELVES."**

Discover what music your body love and
why

Feel the real pleasure while dancing
and moving around to that song
&
listen to the language of your soul

Manage your emotions with kindness
and honour them

And most importantly while dancing
shift your focus from
how it looks
to

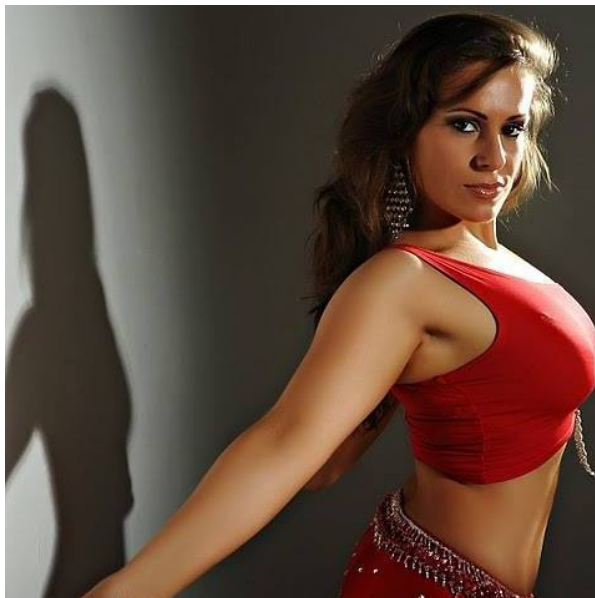
HOW IT FEELS



IN THIS WORKBOOK YOU WILL FIND:

- About Claudia Massera your coach & instructor
- Programme breakdown
- Questions to answer at the beginning of the course to assess WHY YOU ARE DOING THIS COURSE and WHERE YOU ARE NOW in relationship with yourself and your body
- Programme description
- Sample of the Reclaim your body back programme's course workbook

ABOUT CLAUDIA MASSERA



Born in Rome, raised in London
Claudia Massera is a wellness coach, professional dancer & choreographer,
personal trainer, crystal healer, life coach, NLP practitioner,
STORY TELLER, PUBLIC SPEAKER,
founder of Dance Body Mind & MEDANZ,

A 15+ year entertainer, women empowerment advocate
and self made "entrepreneur of the art"
with a burning passion for the language of the body...DANCE!
and a dream to make the world
heal their deepest wounds
through music & dance.

*"Dance, music and sun are my kind of medicine
and I believe soon dance will become a healing tool
as popular as meditation & yoga"*

PROGRAMME BREAKDOWN

WEEK 1

LOVE YOUR BODY WEEK

Morning reflections
Daily dance meditations
Free journaling
Dance class based on the
emotion love
Evening reflections

WEEK 2

DANCE YOUR PASSION WEEK

Morning reflections
Daily dance meditations
Free journaling
Dance class based on feeling
sexy
Evening reflections

WEEK 3

FIND YOUR COURAGE WEEK

Morning reflections
Daily dance meditations
Free journaling
Dance class based on a very
powerful choreography
Evening reflections

NEW BEGIN NING

WELCOME TO A NEW
EMPOWERED
YOU!

TIME TO
DANCE YOUR NEW STORY

DAILY SELF LOVE

My body is healthy. My mind is brilliant.
My soul is at peace

My thoughts are filled with positivity and
my life is abundant

I am safe, loved & protected

I radiate beauty, joy & grace

I let go of fear, I let go of pain
I AM LOVE

I am limitless

TODAY IS A PERFECT DAY

**BEFORE WE START
I'D LIKE YOU TO ANSWER
THE FOLLOWING QUESTIONS THAT WE WILL USE AGAIN
AT THE END OF THE WEEK
TO FIND OUT WHERE ARE YOU NOW**

Why are you doing this course?

What will bring you joy

What part of your body do you need to reclaim back?

From 1 to 10 what is your relationship with your body

What part of your body are you most disconnected with?

What part of your body do you like and dislike the most?

When it comes to your body, what fear are you experiencing?

PROGRAMME DESCRIPTION

**This programme will be 21 days long
and it will be divided into 3 weeks.**

**Each day there is a morning reflection,
an affirmation to take you throughout the day,
a dance meditation exercise
and a dance class with Claudia
There is also an evening
self-reflective exercise**

**EVERYDAY YOU MAY EXPERIENCE SOMETHING DIFFERENT
JUST HONOUR IT AND WRITE IT DOWN**

Write them down and repeat the following statement

**THIS IS WHERE I AM AT
I HONOUR ALL OF THIS
I HONOUR MY BODY PERFECT JUST THE WAY IT IS
AND I LOVE MYSELF UNCONDITIONALLY**

SAMPLE WEEK 1

This week we will learn to see our body as an instrument,
as vehicle for healing and love
rather than an ornament.

We will learn how dance starts from within,
feel each emotion & dance them out

My purpose is for you is to fall back in love
with who you are

and allow this love to radiate from your whole being.

I know you are here because your true self-love
is calling you back home,

to remember your beauty, your truth, your light.

When we align and move with love,
we activate the most powerful force in the universe
and it can transform
our bodies, minds, hearts and lives
into something truly miraculous.

This week we will also learn a beautiful choreography
and we will learn to dance it from our heart
FROM LOVE

IF YOU FEEL COMFORTABLE DOING IT
FILM YOURSELF WHEN DANCING
TO SEE ALL THE PROGRESS & SHARE IT WITH US
ON OUR PRIVATE FACEBOOK GROUP

SAMPLE DAY 1

MORNING REFLECTION

"I embrace my self and I witness any perception I have today of my body
wrong or right, good or bad"

Softly say this word to yourself 20 times throughout the day,
especially when you feel yourself fighting or resisting your healing journey

After the dance/meditation exercise answer the following:

What was the exercise you found easier and which one was harder?

What part of your body responded better and which one froze, if any?

What feeling/emotions came up the strongest and which one the least?

EVENING REFLECTION

Freely write down what happend to you today and your evening reflection

Feel free to write evrything without judging

good or bad

Did you get up anytime today to dance the emotion you where feeling?

Did you observe your body language, your posture?

SAMPLE DAY 6



MORNING REFLECTION

Today we write our love letter to ourself and to someone we truly love and dance it
We will experience how we do not need words to express our feelings
as dance arts and music can express so much more
if you trust our body to communicate the language of our soul

TODAY IS

DANCE TO YOUR FAVOURITE TUNE DAY

DANCE YOUR FEELINGS & EMOTIONS FREELY

HOW DID IT FEEL?

**DID YOU DANCE AN EMOTION THAT WAS EASY TO CONNECT WITH
OR ONE THAT WAS HARD TO CONNECT WITH?**

SAMPLE END COURSES



FULL STOP.

Write your new story.

Your new chapter

When you finish, get up and DANCE IT!

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We have discounted the price on this programme
so it is more accessible to you
in our current economic environment.
AVAILABLE NORMALLY £59.99

NEW LOWER PRICE
£29.99

GET LIFETIME ACCESS

or

BECOME A MEMBER

for only

£39.99 MONTHLY

& get access to all our
dance courses & mind, body programmes
cancel anytime

BOOK YOUR COURSE
TODAY

BOOK FREE WEBINAR
TODAY



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about
Dance Body Mind**

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visit**

**www.dancebodymind.com
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*“Movement never lies.
It is a barometer
telling the state
of the soul’s weather.”
~Martha Graham*

With Love Claudia

www.dancebodymind.com

“DANCE & SET YOUR MIND FREE”

With Love Claudia

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