ABSTRACT TEMPLATE

# HOW TANTRA AND BELLY DANCE AFECT HORMONES AND WELL-BEING

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Keywords : belly dance, dopamine, fitness, hormones, happiness chemicals, lifestyle, mental health, meditate, pleasure, serotonin, sexual energy, tantra, testosterone, yoga.

## I. Abstract body :

Fitness/mind-body market is valued in $828.2 billion globally, by GWI in 2019. This report connects benefits of belly dance and tantra, both mental and physical. Belly dancing provides good cardio workout, increases flexibility and strength "core muscles" and legs. As low-impact exercise, can be suitable for women at any age, also increasing bone density and preventing osteoporosis. Due to the constant twisting and turning of the spine during repetitive undulations of hips and torso, there is an increased release of synovial fluid. Movements can also stimulate digestion flow and prepare for natural birth by opening hips and strengthen muscles used for better orgasms. Mental health benefits are associated with better body image, focus and concentration required to choreography. Enjoyable and fun way to meditate, getting in touch with inner feminine energy, it greatly reduces stress levels.

Tantra could be called "yoga for sex life", it connects body, mind, and soul, and cultivates sexual energy. Inside everyone there is a switch: *kunda (* light bulb of sexual energy), which can be awakened through senses, meditation and deep breathing. Breathwork raises happiness chemicals: serotonin and dopamine, delivering pleasure. Heart oppening during tantra guides an intuitive way to grow into best selves, attracting healthy relationships. Tantric exercises will release orgasmic chemicals (serotonin, dopamine, and testosterone), which increases sex drive, energy, and creates more blissful feelings, also helping to heal symptoms of depression. So, there are much more feelings to experience the bliss that comes from living a tantric lifestyle.

## II. Image





III. References :

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IV. Biography:

Joana Macena has been working on wellness market for 10 years as a doctor specialized in Orthomolecular medicine and member of American College of Lifestyle Medicine. Powerfull tools on wellbeing, following Lifestyle Medicine criteria, has been her practice even before graduate. Being vegan, yoga pratictioner and belly dancer, she can feel the benefits on her own life. Easily showing up as yoga lifestyle ambassador.

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