

MENTION shaking dancing (Malay direct translation) or belly dancing , and surely many would imagine exotic Middle Eastern dance and titillating movements by dancers to impress the audience. However, more than being just a dance to entertain or impress the public, Ms. Ar'nie Rozah Krogh , has taken advantage of the dance as part of a comprehensive rehabilitation program called Belly Goddess Health and Therapy.

"Before this, I was a professional belly dancer in Singapore. But during the pregnancy of my first child I experienced aches and pains due to changes in a pregnant body".

"I tried many remedies like massage sessions etc but the relief lasted only two or three days and then the pain came back," she said. Ar'nie is in her 30s and married to Mr. Anders Krogh , who hails from Denmark .

A conversation with an old friend sparked the idea that she had to 'listen' to her body and use her belly dancing skills to relieve the pain. Evidently her attempts worked. She no longer suffered aches and pains and Belly Goddess Fitness and Health Therapy was born. However, not just teaching belly dancing to women to relieve physical pain, it turned out that Ms. Ar'nie's friendly attitude also makes many of her students pour out their emotional problems to her .

"As it happened more and more often , I felt I should take advantage of my skills and certify myself so that I can help my clients in a more professional manner . It also means that I can help them not only from the physical aspect but mentally as well", said the mother of four children, aged between 13 years to 1 year .

She then took the certificate of Neuro Linguistic Programming (NLP) and Life Coaching from the Society of NLP, USA.

Since then, she has used the skills gained to help those who participate in her programs.

"I believe that all things in life are related to each other. If we always give unhealthy food to our bodies , what we get is an upset stomach. If we always give stress on our minds, as a result, we often experience headaches.

"Just like when we are stressed about work, we will begin to sit with the wrong posture and that can cause headaches . When we have the headache already, we become more and more stressed, and when we are stressed, we get more and more headaches. It becomes a vicious cycle , "she said , who originated from Singapore and is now residing in Kuala Lumpur , Malaysia.

Besides being qualified as a life coach, Ms. Ar'nie also has numerous certifications in the field of acupuncture, massage therapy, reflexology and yoga therapy.

Recently, Ms. Ar'nie shared her knowledge about becoming the perfect woman in a workshop in Singapore with a group of women. She taught them how to find their 'inner goddess'.

Amongst the topics she shared were how to stand and walk like a Goddess; how to look thinner and be more slender by walking and standing like a Goddess; learning to love your Goddess-like body; expert technique using belly dancing for health, sensuality and domestic bliss .

According to one of the participants, Ms. Asnida Daud, she was compelled to join the workshop and wanted to know more about the inner Goddess term and the perfect woman concept by Ms. Ar'nie.

"Who would not want to be the perfect woman? I had read about the concept of the perfect woman and knew of its existence. But to go through this process with a life coach feels a little different.

"Just like doing exercise alone and exercise with a personal trainer," she said.

She added that she learned belly dancing features that can improve and maintain the health of the most important parts of a woman: that is in the groin area and reproductive organs

"We also did exercises during the workshop. However fleeting, but sweat inducing. I also learned that every movement in belly dancing has its own philosophy. But more importantly, the exercises that can be done at any time, such as during cooking, bathing or pushing the trolley at the supermarket, " she said.

Ms. Ar'nie plans to hold another Belly Goddess Dance Therapy workshop at the end of this month.

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