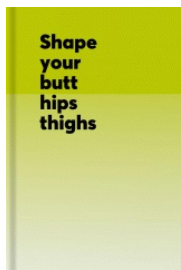


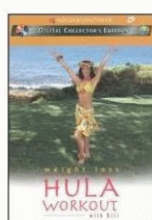
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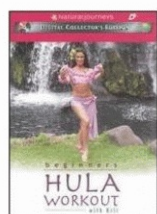
Shape-- your butt, hips & thighs

a Rogue Direct/SoulJourn Production ; producers, Jory Rosen, Linda Shelton ; directed by, Linda Shelton.



Hula workout with Kili

Dragonfly Productions, Dance Fitness and Goldhil Home Media ; producer and director, Andrea Ambandos.



Hula workout with Kili beginners

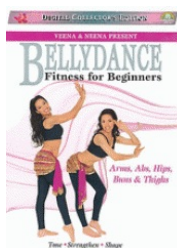


Bellydance for body shaping: upper body



BellyDance for body shaping.

by Tanna & Andy Troy.

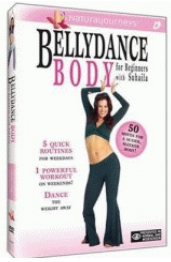


Bellydance

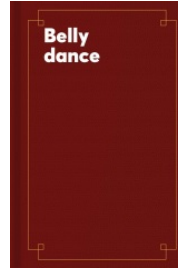
Natural Journeys ; Goldhil Home Media International and David Nakahara Enterprises ; produced and directed by David Nakahara.

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The bellydance body five ten minute workouts with Suhaila



Belly dance.



Belly dance.



30 day shred

Jillian Michaels ; ExerciseTV, LLC. ; Dragonfly Productions ; directed and produced by Andrea Ambandos.