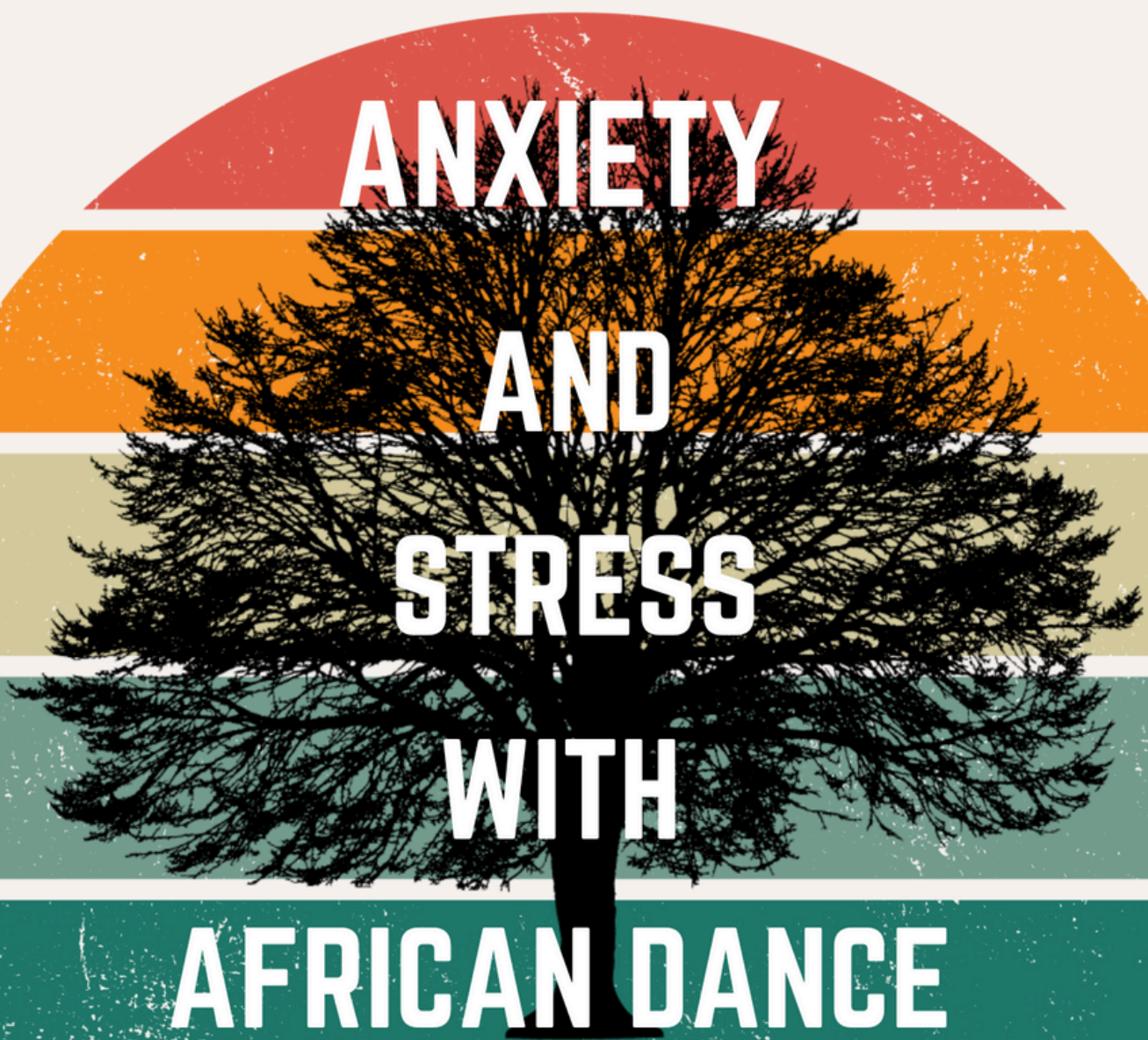


RELIEVING TRAUMA



ANXIETY

AND

STRESS

WITH

AFRICAN DANCE

JOURNAL

FEATURING DETAILED MOVEMENTS

WELCOME TO

HEALING THROUGH AFRICAN DANCE: A
TRANSFORMATIONAL JOURNAL WITH DESCRIPTIVE
DANCE MOVES

Chéfiatou the Motivational Force

www.coachchefi.com

CONTENTS

MODULE 1

1•Gbékou Dance

MODULE 2

2•Bobo Pougouli Dance

MODULE 3

3•Gbégbé Dance

MODULE 4

4•Kassena Dance

MODULE 5

5•Asafo Dance

VIDEOS LINKS

1•Gbékon Dance

<https://drive.google.com/file/d/1BFq8zFXHWkVHCL3KQZDfIWv6VBwKzEYo/view?usp=sharing>

2•Bobo Pougouli Dance

https://drive.google.com/file/d/1s-QPbvCAhPthonZCkooH2ZbzxR0IUrw/view?usp=drive_link

3•Gbégbé Dance

https://drive.google.com/file/d/13y48ZJMIjgzb9aik1Hs6M1CGywrSoxkg/view?usp=drive_link

4•Kassena Dance

<https://drive.google.com/file/d/1R6gZM3MBn-kafZTVZJpfgTdIB70ODVWU/view?usp=sharing>

5•Asafo Dance

https://drive.google.com/file/d/1Yg44pAVNTPYjI4VhW7yankJfQex-c_8M/view?usp=sharing

HEALING THROUGH AFRICAN DANCE: A
TRANSFORMATIONAL JOURNAL WITH
DESCRIPTIVE DANCE MOVES



Introduction

Welcome to "Healing Through African Dance: A Transformational Journal with Descriptive Dance Moves," thoughtfully crafted by Chefiatou, the motivational force. This journal is a powerful tool to help you release stored trauma from various life events. Through the expressive and therapeutic power of traditional African dance, you are invited to embark on a journey of emotional release, self-discovery, and healing.

Each dance—Gbékon, BOBO Pougouli, Gbégbé, Kassena, and Asafo—has been selected for its cultural significance and ability to engage different parts of the body where trauma may be stored. These dances are more than physical exercises; they are a form of storytelling and emotional expression used for generations to convey joy, gratitude, grief, vitality, and strength.



Through the rhythmic and healing movements of Gbékon, BOBO Pougouli, Gbégbé, Kassena, and Asafo dances, embark on a journey of emotional freedom, mental clarity, and spiritual renewal. These dances offer a holistic approach to healing and well-being. Engage with your family in these practices, connect with your African roots, and experience profound benefits.

This journal provides a structured yet flexible guide to help you release trauma, alleviate anxiety, and manage stress. By engaging with these traditional African dances and the accompanying journal prompts, you can cultivate a deeper understanding of your emotions and move towards a more balanced and peaceful state of mind.

Accompanying the dance practices, a series of journal prompts will guide you to deepen your self-awareness and facilitate the release of pent-up emotions. By reflecting on your experiences, feelings, and bodily sensations, you can uncover the hidden impacts of past traumas and move towards healing.

May this journal be your companion as you dance through life's challenges and celebrate your unique journey toward emotional and mental well-being. Embrace the dance, release your emotions, and reconnect with your most authentic self.



Engage with the Dance:

Follow Along with the Video: A video tutorial link is provided for each dance. Don't worry if you don't get the steps right; the most important thing is to keep moving and enjoy the process.

Be Patient and Compassionate: Remember, the goal is to relieve tension, not add more to your life journey. Be kind to yourself, embrace imperfections, and focus on the emotional and physical release that comes with the movements.

By incorporating these practices into your daily routine, you can navigate your healing journey with greater ease and compassion. Let each dance be a step toward emotional freedom and mental clarity.



How to Use This Journal

1.Preparation:

Find a quiet space for movement and reflection.

Wear comfortable clothing.

Begin with light stretching or deep breathing to center yourself.

2.Engage with the Dance:

Follow the "Guidelines for Stretching Before Dancing" section to warm up.

Choose a dance and focus on its description, targeted emotions, and body parts involved.

Perform the dance steps, focusing on connecting with the movements and your emotions.



3.Reflection and Journaling:

After dancing, reflect using the provided journal prompts.

Write openly about your physical sensations, emotions, and thoughts.

Include additional reflections on changes in mood and well-being.

4.Daily Practice and Progress:

Use the journal daily or as needed. Track your emotional and mental progress.

Celebrate improvements and insights gained through regular practice.

5.Family and Community Involvement:

Share these dances with family members for enhanced connection and support.

6.Safety and Comfort:

Listen to your body, modify movements if necessary, and take breaks as needed.

DANCE DESCRIPTIONS AND JOURNAL
PROMPTS

MODULE 1

Gbékon Dance



Focus: Unity and Joy

Targeted Emotions: Trauma, Anxiety, Stress

Body Parts: Hips, Chest, Feet

Dance Description: Gbékon, from the Ewe people of Togo and Ghana, involves rhythmic footwork, hip movements, and expressive hand gestures. It releases trauma stored in the hips, chest, and feet, alleviating stiffness and emotional stagnation.

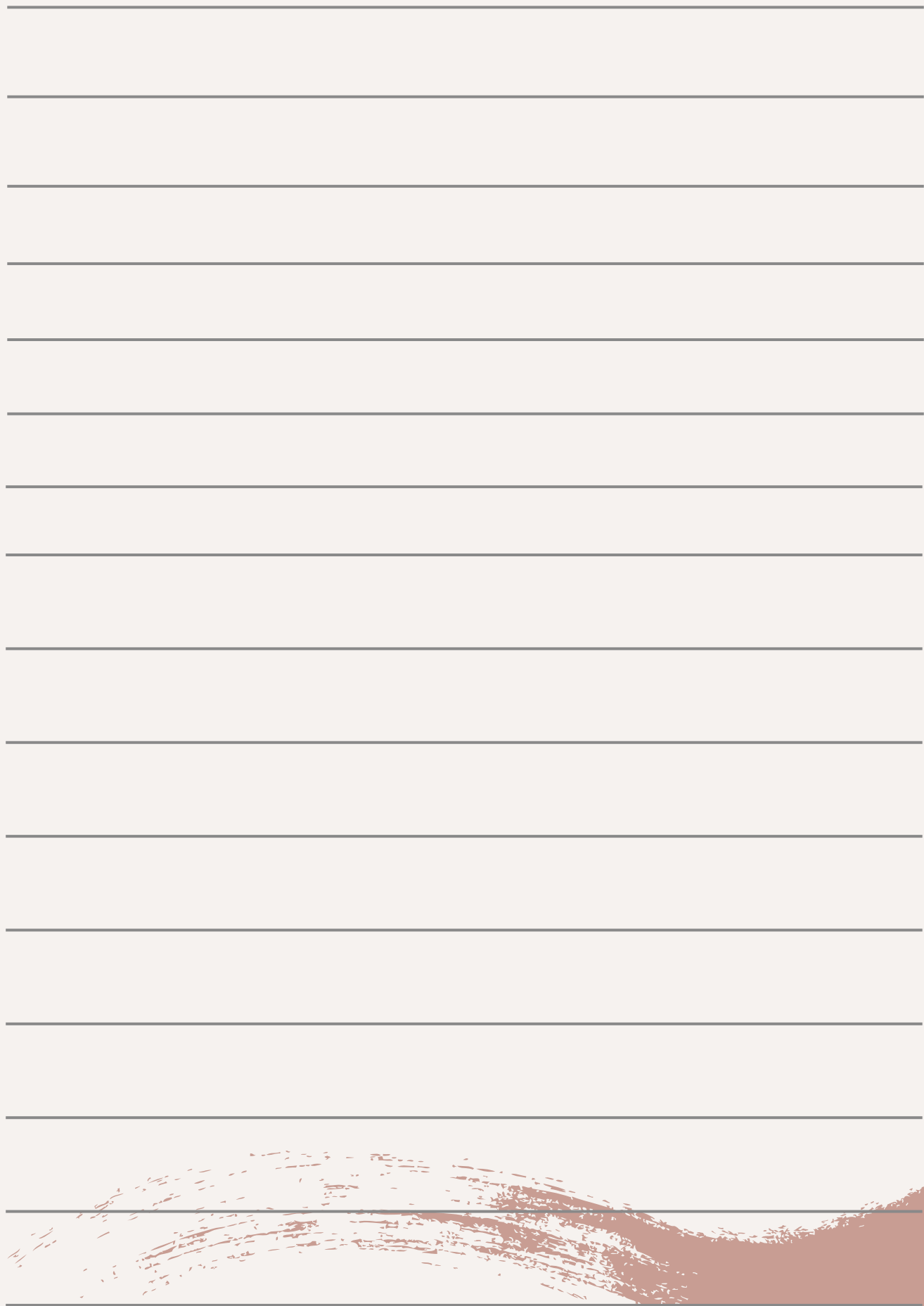
Journal Prompts:

1. Reflect on a joyful moment and its impact on your hips and chest.





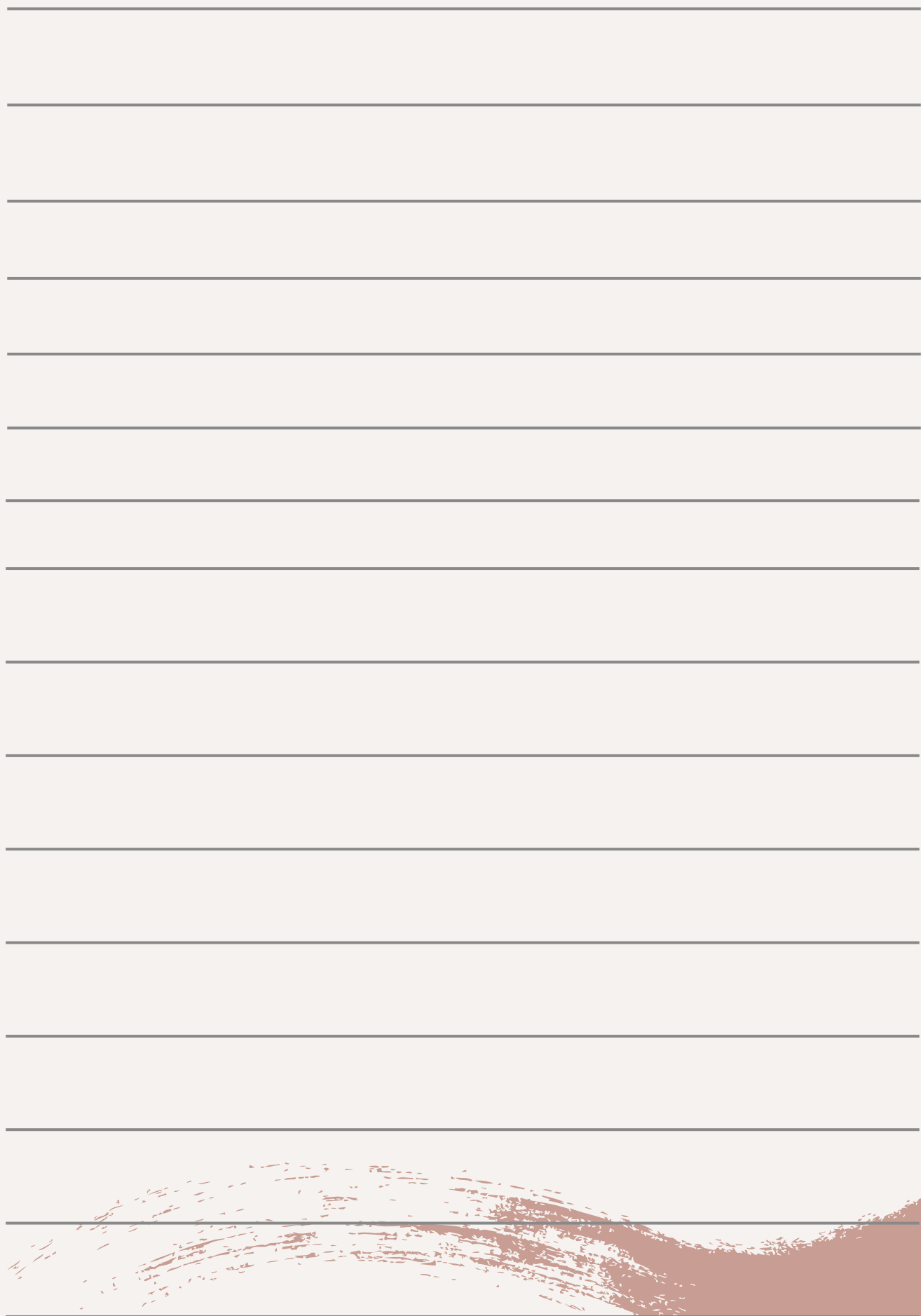




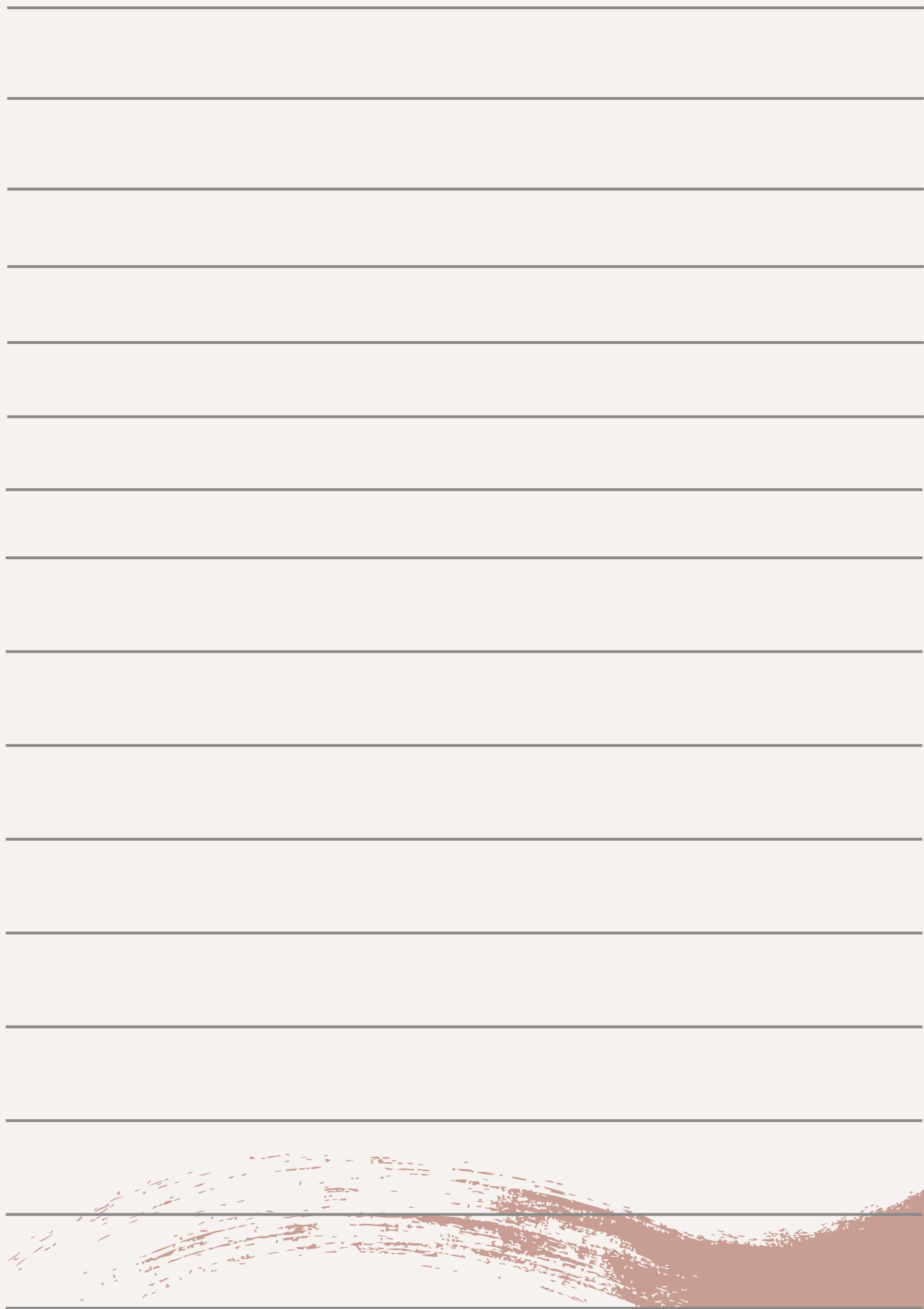














MODULE 2

BOBO Pougouli Dance



Targeted Emotions: Trauma, Anxiety, Stress

Body Parts: Legs, Arms, Core

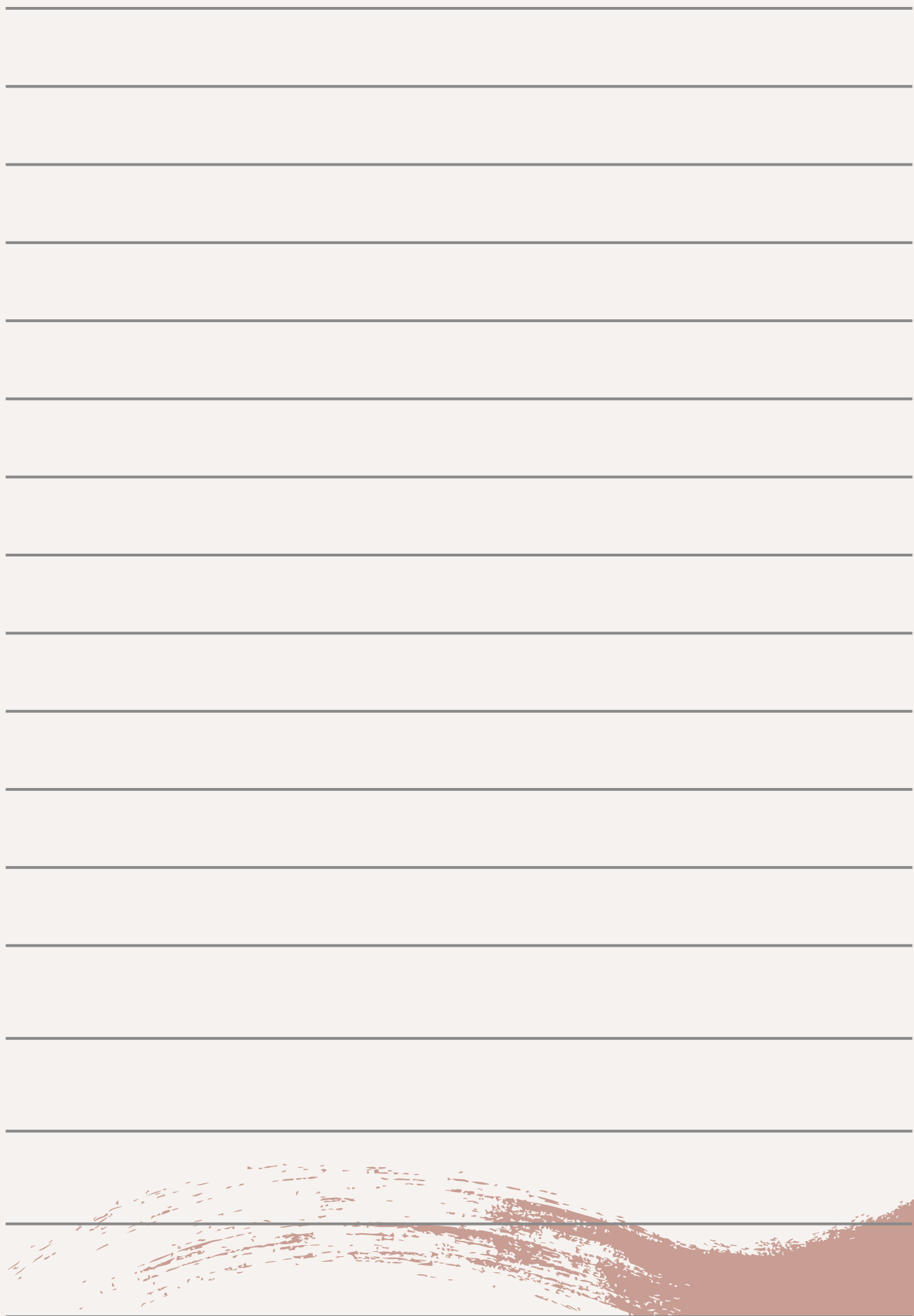
Dance Description: BOBO Pougouli, from Burkina Faso, features dynamic leaps and intricate hand movements. It helps release tightness and stress stored in the legs, arms, and core, fostering a sense of gratitude and balance.

Journal Prompts:

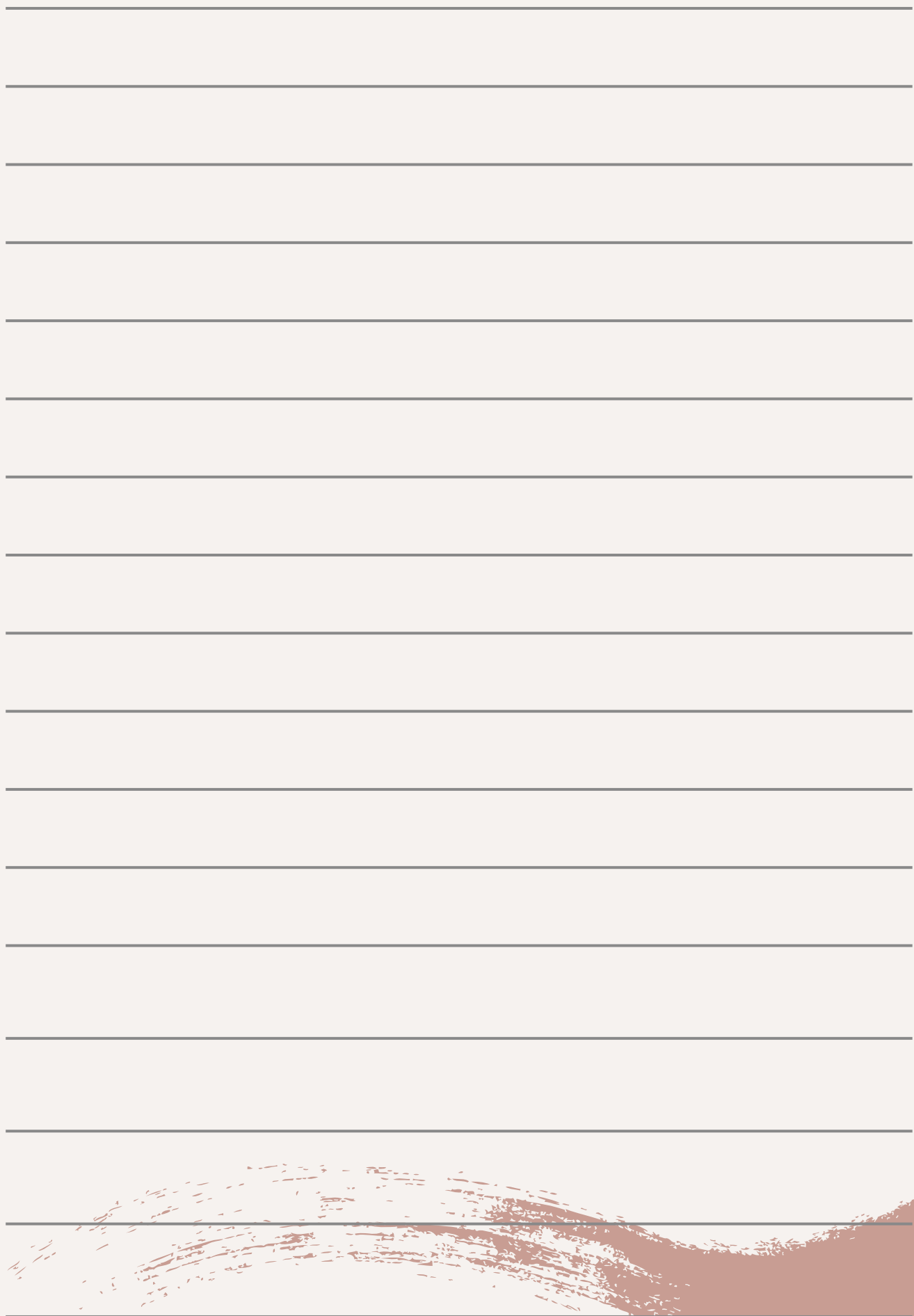
How does expressing gratitude affect your arms and core?

Describe the tension in your legs from stress and how BOBO Pougouli helps release it.

8. Reflect on a positive memory and its physical impact on your core.



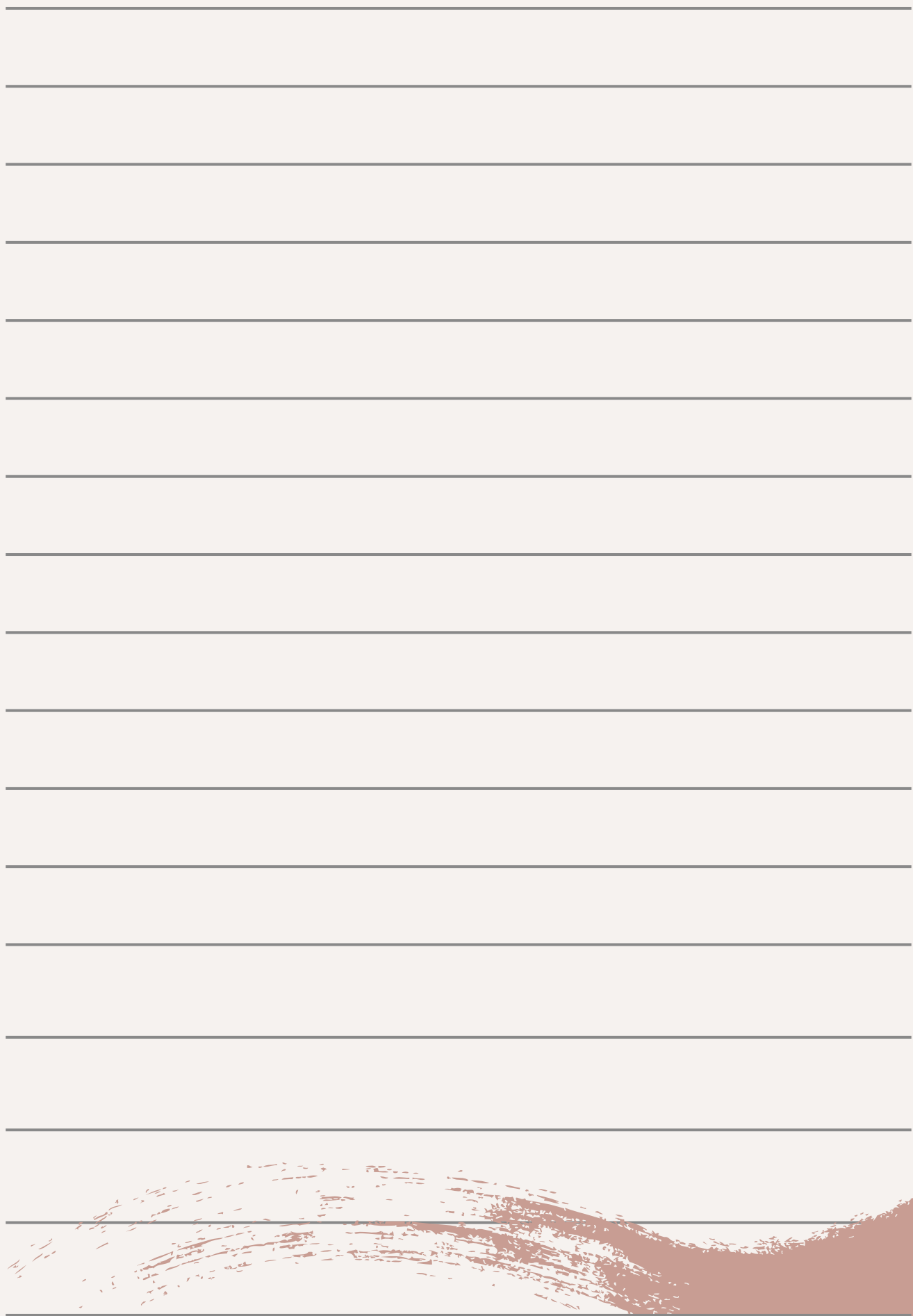






10. How does BOBO Pougouli enhance gratitude and emotional release?

[illegible]







MODULE 3

Gbégbé Dance



Focus: Processing Grief

Targeted Emotions: Trauma, Anxiety

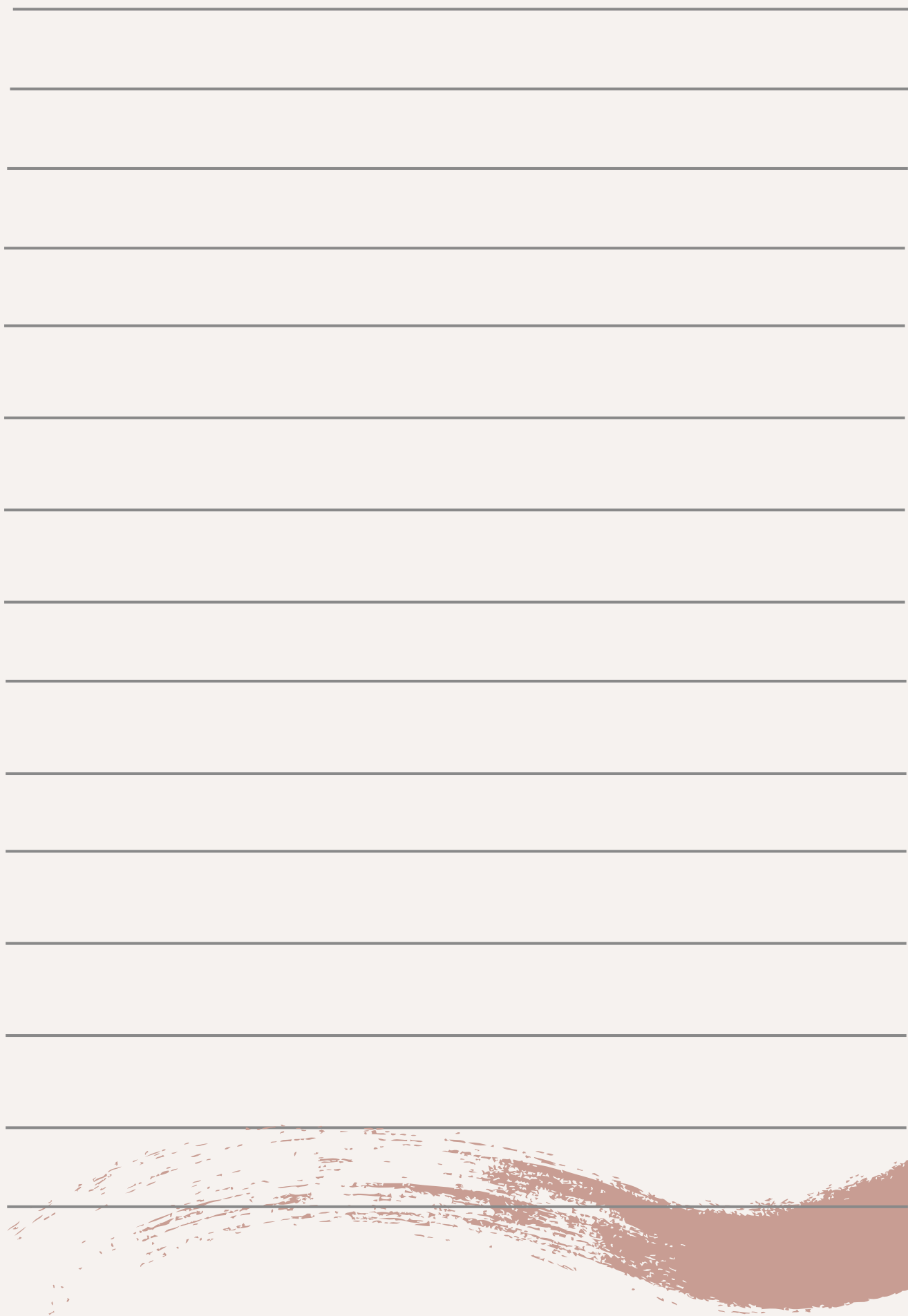
Body Parts: Arms, Chest, Legs

Dance Description: Gbégbé, a traditional dance from the Ivory Coast, involves fluid movements and gentle swaying. It helps process grief and loss, releasing heaviness and emotional numbness stored in the arms, chest, and legs.

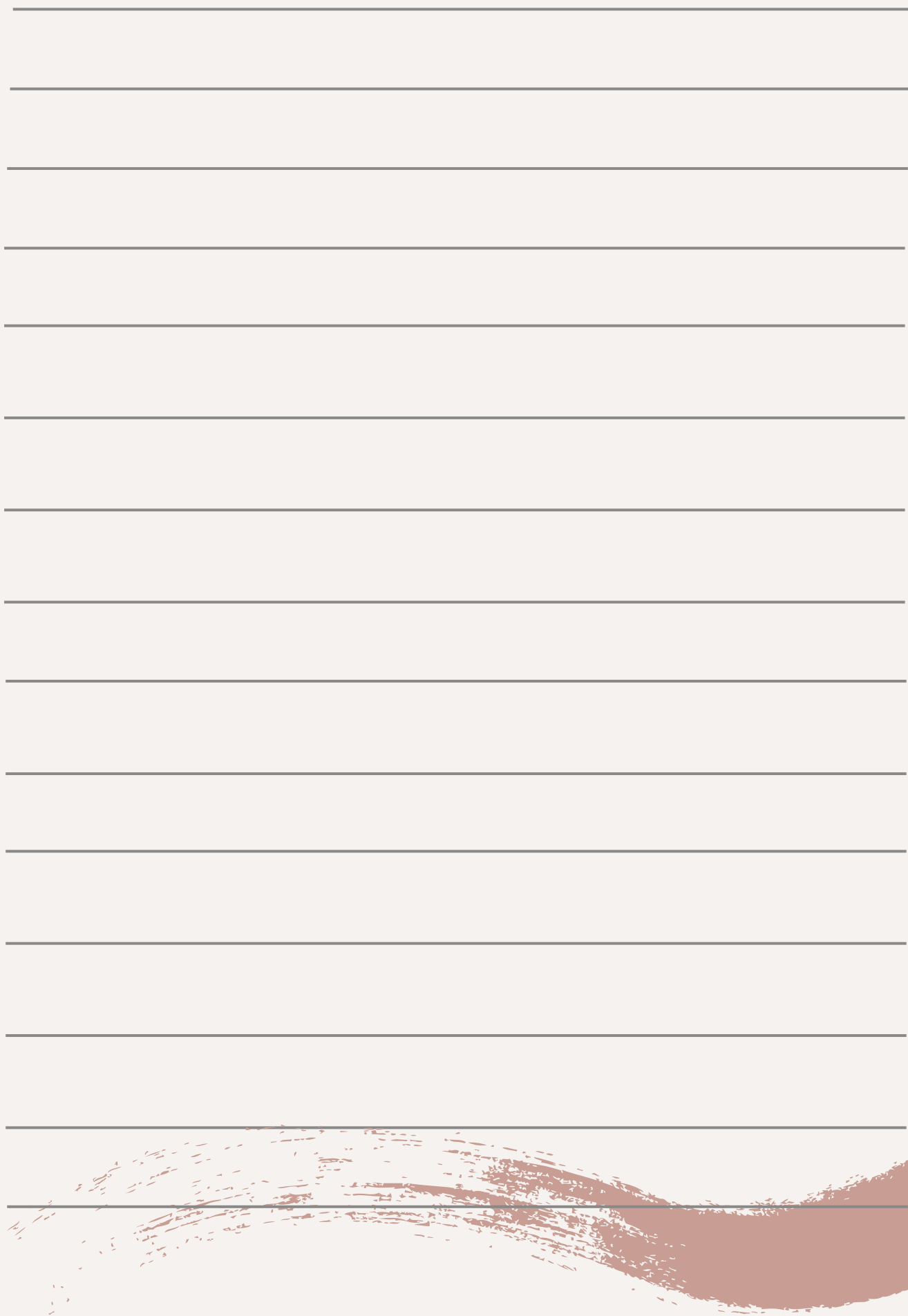
Journal Prompts:

11. How does grief manifest physically in your chest and legs?

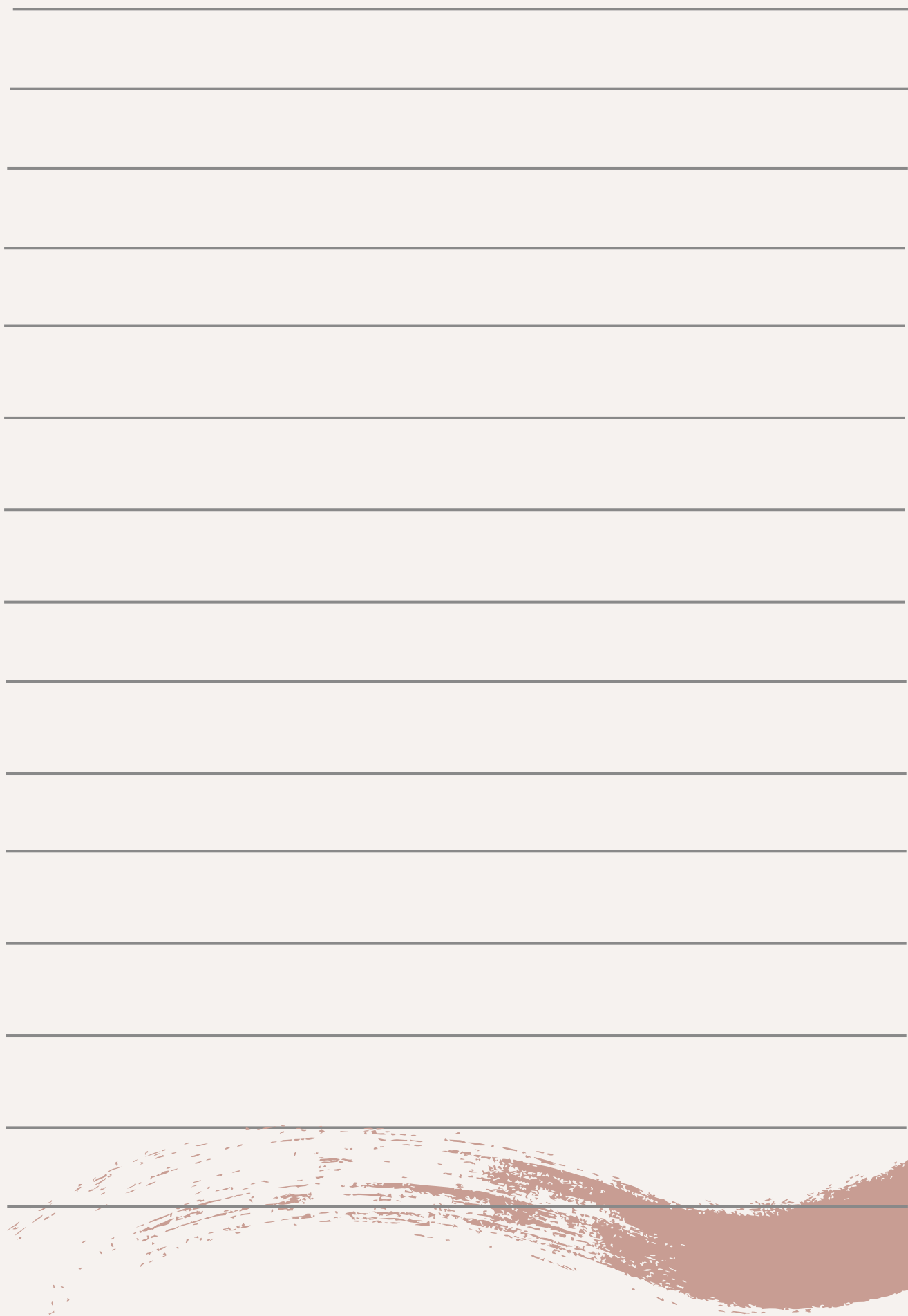






















MODULE 4

Kassena Dance



Focus: Vitality and Stress Relief

Targeted Emotions: Trauma, Anxiety, Stress

Body Parts: Feet, Legs, Arms

Dance Description: The Kassena dance, from Ghana and Burkina Faso, involves energetic foot movements and coordinated arm gestures. It helps release tension and restore vitality, combating stress and anxiety.

Journal Prompts:

16. Reflect on celebrating life and its physical impact on your legs and feet.





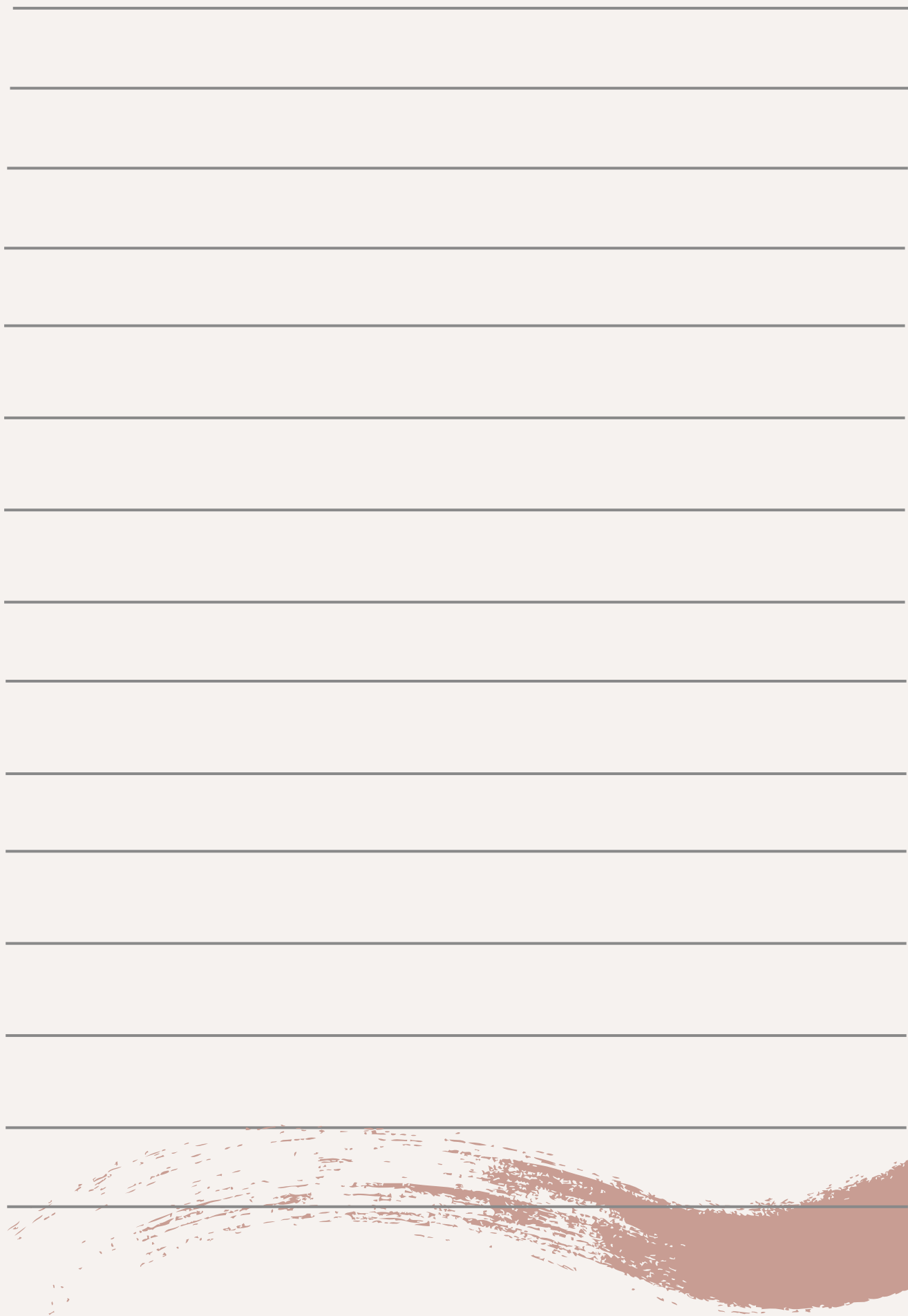














MODULE 5

Kassena Dance



Focus: Strength and Protection

Targeted Emotions: Trauma, Anxiety, Stress

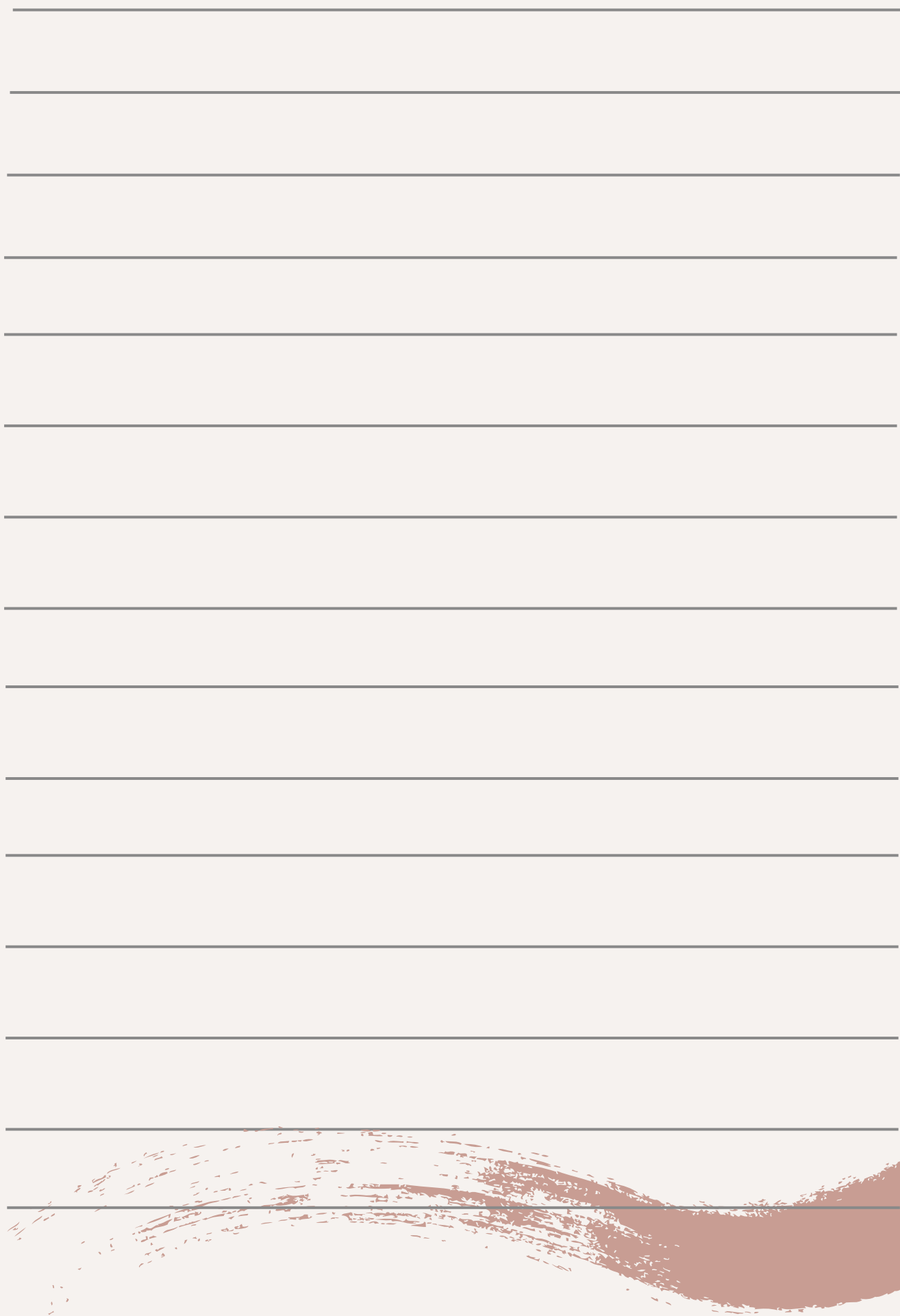
Body Parts: Arms, Legs, Torso

Dance Description: Asafo, a traditional war dance of the Fante people in Ghana, involves vigorous footwork and powerful arm gestures. It helps release repressed anger and enhances self-esteem, promoting a sense of strength and protection.

Journal Prompts:

21. Reflect on vulnerability and its physical manifestation in your torso and arms.

























General Journal Prompts



















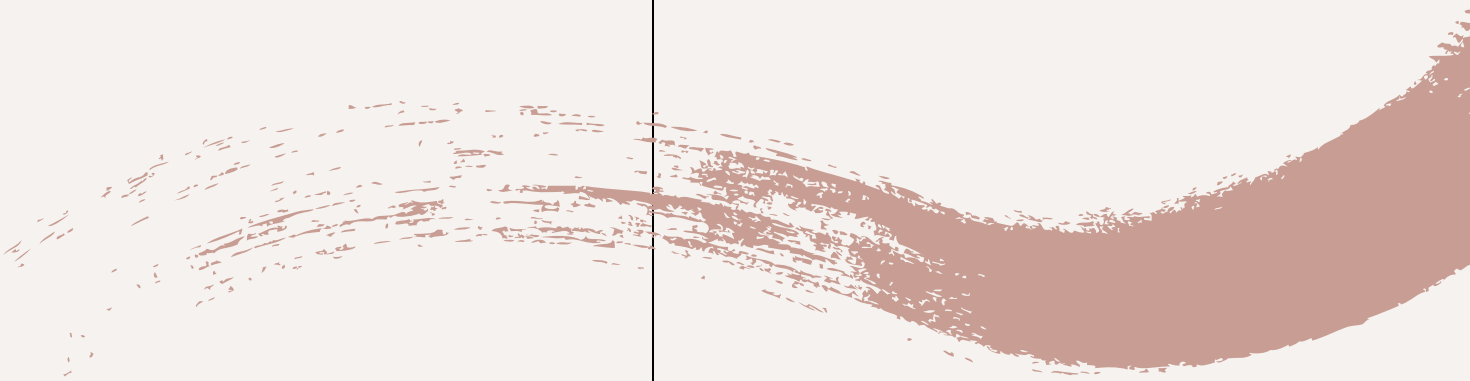
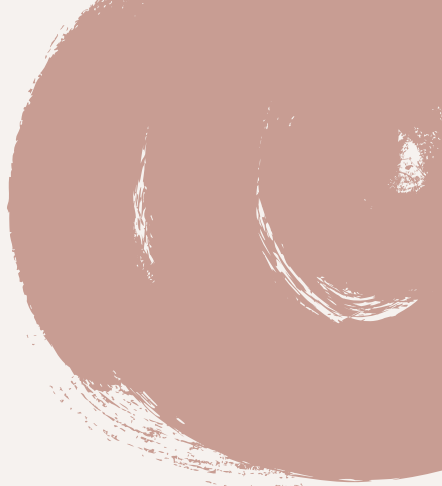












RELEASE-RESET-RENEW- REBRAND

RELEASE

RESET

RENEW

REBRAND

RELEASE

RESET

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RELEASE

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RENEW

REBRAND

Thank-you!

I am thrilled about the changes you have experienced through this journal, and I am eager to keep supporting you as your Transformational Coach. For additional support and resources, please visit my website.

www.coachchefi.com

Join the community

<https://www.facebook.com/share/9s2dnNe7udK3xUqi/?mibextid=qi2Omg>



