

Headline	Awakening the goddess within		
MediaTitle	Malay Mail		
Date	19 Sep 2012	Color	Full Color
Section	News	Circulation	20,816
Page No	26	Readership	49,000
Language	English	ArticleSize	435 cm ²
Journalist	sophia halim	AdValue	RM 4,970
Frequency	Daily	PR Value	RM 14,910



Awakening the goddess within

Ar'nie Rozah Krogh has unique dance class to bring out women's confidence

BY SOPHIA HALIM
sophia@mmail.com.my

LIFE coach and belly-dancing instructor Ar'nie Rozah Krogh (pic) has a unique and fun technique that will help women here enhance their sensuality and "awaken their inner goddess".

By combining age-old methods of physical exercise with the joy of music and beats, Singaporean-born Krogh merged together modern techniques of holistic therapy and alternative wellness in order to bring women into a greater sense of themselves through her Belly Goddess workshops.

"Belly Goddess is a version of belly dancing that focuses more on the woman herself, prioritising spiritual growth, emotional and physical well-being. In this sense, it's much more than merely learning the dance steps," said Krogh who set up her business here in April this year.

Krogh, whose studio is currently based at her home in

Sri Hartamas, Kuala Lumpur, said the workshops are aimed at making her students feel really good about themselves.

"When you go to a dance class, sometimes you feel insecure and think that you can't do this or that. When I teach my class, it's not about me. It's about making my students feel higher when they come into my class. I want them to leave my classroom floating on air," said Krogh, whose life coaching services extends to assisting men who have specific physical problems and couples who wish to seek greater intimacy.

She holds a masters as neuro-linguistic programming (NLP) practitioner and is a certified life coach. She's also a certified weight loss master coach, social and emotional intelligence coach and motivational/performance coach.

The idea to start the Belly Goddess workshops came in 2000 when she was pregnant with her first child

and in considerable discomfort and pain from sciatica, which is pain affecting the back, hip and outer side of the leg, caused by compression of a spinal nerve root in the lower back.

She consulted her belly dance friend from Australia who discussed different methods of rehabilitation with her and suggested changing the way she danced.

"I looked in the mirror and tried to experiment with the way I danced during which I discovered this one specific spot where suddenly the pain goes away. Over time, the pain lessened and I started feeling better and this is when I came up with the concept for my Belly Goddess classes to help more women," said Krogh, now a mother of four.

She said that when she dances, she feels very cheerful.

"It's almost like meditation and you feel this greater connection and confidence with yourself. When I look in the

mirror as I'm dancing, I see more than just the body. I see something glowing, I see the heart, I see through the body... I cannot explain it but the feeling is so great that I wanted to share this with more people," said Krogh.

The Belly Goddess classes are not just about learning how to belly dance as through the classes, Krogh aims to give women the confidence to not feel so body conscious, to make them feel like a goddess.

"About 90 per cent of the students who attend my class are not interested in becoming belly dancers. They just want to learn a skill and feel good about themselves. A lot of them have told me that they now feel a lot more confident and empowered. They have lost inches around their waist too," she said, adding that one of her students lost 5kg in just two weeks.

As a life coach, Krogh said that one of her proudest moments was helping a HIV positive patient from the US

regain her confidence and feel better about herself despite the devastating

news. "I hope to reach out to more people, especially women.

I am a strong supporter of women's rights and would like to coach and empower more women, specifically those who come from underprivileged backgrounds or broken families, and bring out their confidence," she said.

To find out more, visit www.armierozahkrogh.com.

