

A b s t r a c t

Title of the work: Oriental belly-dancing: motion activity for mentally handicapped girls

Goals of the work: I am trying to map the available literature with the theme of the oriental belly-dancing, seeking to answer a question what way it would be possible to apply the oriental belly-dancing for mentally handicapped girls and what way it would be possible to make use of its positive effects. Moreover I am putting a question to myself whether it would be possible to use the oriental belly-dancing prospectively also for the purpose of the dancing therapy and whether there is any offer of the oriental belly-dancing as a leisure activity for mentally handicapped individuals. Further, my goal also is to create a simple methodology of the oriental belly-dancing for initial lessons of the dance for mentally handicapped individuals.

Method: Mapping of existing findings in the fields of education of mentally handicapped individuals, dance and motion therapies, as well as effects of the oriental belly-dancing on a human-being. Creation of a methodology for introductory lessons of the dance for mentally handicapped individuals and applying this methodology on a group of mentally handicapped girls in the practice.

Results: The oriental belly-dancing is effectively suitable as a motion activity for mentally handicapped girls because it puts together a proportionate physical load on a female organism, adequate amount of relaxation and easing, and, at the same time it leaves a room for an expression and development of her own personality. From the side of mentally handicapped girls there can be seen an apparent interest in the involvement in those motion activities, however I have not found anyone that would offer lessons of the oriental belly-dancing for mentally handicapped individuals in our market at present.

Key words: mentally handicapped, dance and motion therapy, oriental belly-dancing