



aurahoops news

VOLUME 1, ISSUE 2

FEBRUARY 17, 2009

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WANT TO KNOW MORE?

- Aurahoops site:
<http://home.coosahs.net/aurahoops>
- Global Hoopers Unite!
<http://hooping.tribe.net>
- See video tutorials, learn how to make your own hoop and more at:
www.hooping.org
- Fire Hooping:
<http://firehooping.tribe.net>

OTHER SERVICES OFFERED:

- Birthday Parties
- Hoop Jams: great for Bachelorettes, Bunko, Girls' Night out and more!
- Hoop Making Workshops
- Bring hoops into the classroom! Schedule a hoop making session for your students today and receive the Hoop Education Discount!
- Arts and Crafts shows vendor availability

Find Yourself in the Hoop

Hoop Dance is not about how many tricks you can do or how well you can shake it inside the hoop. It is about how good you can feel. It is a discovery of who you are— an interpretation of your emotions, dreams and prayers, a release of pain and anxiety. It does not matter if you can't figure out hooping on your shoulders, haven't built the strength for isolations or even if your hoop flies out of your hands. Just do what you know, and let it flow from your heart.

Too many times I see students comparing their skill sets. Other students may feel intimidated or frustrated with trying to learn something new. Give

it time. Get comfortable with what you know and use it.

That's why I use the blind-folded hooping with my students (Thanks, [Baxter](#) of Hoop Path). It helps to center. Remove distraction and look inward. Minds become harmonic with rhythmic motions of the hoop and out of that flows a beautiful relationship. Once you tap into that, you will find "yourself" in the hoop. You will become an artist, painting stories with your own hoop dance.

Connecting with oneself spiritually, physically, mentally, emotionally is healing to the entire body. Burning calories and having fun are just bo-

nuses.

Let us keeps our minds focused on the enjoyment of things in life. I don't want to pick up a hoop and get frustrated. I want to pick up a hoop and love every second of hooping. And I do. Every time.

~in flow~ Dana Moore

Benefits from Hoop Dance:

- Strengthen your core
- Tone your entire body
- Reduce stress
- Increase energy
- Increase libido
- Burn up to 600 Calories/hour
- Increase Flexibility
- Have fun while getting an intense cardiovascular workout

Basic Hoop Dance Level 2 Classes

Pell City Civic Center: Basic Hoop Dance February 17- March 24 on Tuesdays 6 p.m.- 7 p.m.

Basic Hoop Dance Level 2
\$50 for all 6 classes or \$10 drop-in.
Level 2 Class focuses on the meditation and flow of hoop dancing rather than individual tricks. Hoops are available for use and purchase at class. For more info [e-mail aurahoops@gmail.com](mailto:aurahoops@gmail.com)

February 17- Intro/Mix Night
February 24- World Music
March 3- 80s Favs
March 10- Jazz & Blues
March 17- Disco Party
March 24- Hoop Jam Party



Photo by Brandy Hughes-Santiago