



aurahoops news

VOLUME 1, ISSUE 3

MARCH 16, 2009

aurahoops
205.227.0705
aurahoops@gmail.com

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
- North West Hoop Gathering: <http://www.northwesthoopgathering.com/>

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

New Zealand Hoopers Put a Spin on Queen Street Mile from the Nelson Mail

Hoopers in New Zealand showed up for the big race and The Nelson Mail was on hand as about 100 people took part in the annual Queen Street Mile run, or the shorter Royal Dash. They report, "Winning was not on the minds of six hula hoop girls from Richmond Kinder-



garten, some of whom stopped mid-race to show off their skills in front of the crowd. Teacher Kate Papps said they had specially purchased Fanny Adams underwear to wear on the outside of their costumes, and put a lot of effort into individualizing their hoops. 'It's a neat thing to do,' she said of the race." Paul McConachie, who helped to organize the event, said he was pleased with the turnout and the caliber of the outfits.



Above: Dana Moore hoops it up at Lakeside Park

"By moving in alignment with the hoop, we stretch and tone every muscle and joint in the body, bring circulation and energy to our internal organs, balance the nervous systems and improve absorption of nutrients." ~ Sacred Circle Hoops

Take Your Hoop With You While Traveling!

We now offer travel hoops which break down into 4 easy-to-assemble pieces! Great for a weekend getaway to the beach or mountains, and it fits easily into a suitcase. New travel hoops are available for purchase starting at \$40 or convert your own hoop for \$10!



Basic Hoop Dance Classes at Pell City Civic Center

Hoop Classes are still going on at the PCCC! \$10 drop-in. Hoops are available for use and purchase at class. For more info [e-mail aurahoops@gmail.com](mailto:aurahoops@gmail.com)

Hoop Dance Schedule is as follows:

- March 16 ~ Level 1 Hip/Hop Night
- March 17 ~ Level 2 Blues Night
- March 23 ~ Level 1 Hoop Jam
- March 24 ~ Level 2 Hoop Jam

All photos by Brandy Hughes-Santiago