

HOOP FLAIR!

tips to transform basic hoop moves into your own unique hoop dance style

- **exaggerate** - make a move **BIG** by engaging the muscles used for the move to generate energy & ignite enthusiasm
- **repeat repeat repeat** - take a simple move and repeat it twice, three times or more
- **tap** - tap the hoop on various parts of your body...and the ground too!
- **balance** - balance on one leg in a yoga pose or dancer's pose..add graceful fluid arms and a soft face..smile!
- **mudra magic** - inject expressive hand positions...traditional yoga mudras such as prayer hands
- **stretch / counter stretch** - move in opposite pairs..forward bend / backbend; lunge / flex
- **ascend / descend** - move from tip toes to squats; from reaching up to bowing down
- **hoop as prop** - think cane dancing: play with the hoop, reach through it, walk around it, tap it
- **drishti** - let your gaze point follow the movement of your hoop, your arm or your mudra (hand position)
- **mix it up** - change the tempo at appropriate times .. fast and furious / slow and slinky ... let the music move you
- **spin your story** - twirl spin whirl **TRANSCEND** like a dervish...make it about how **YOU** feel & not what might entertain others
- **BE present / BE YOU** - by focusing on the present moment without thoughts of results, true authenticity shines forth!



*Diane (kali) - yogini hoop dancer, spinning my own reality organically, effortlessly and joyfully
after decades of study, effort and too much thinking!
visit yogamix.com for more info on hooping, yoga, organic t-shirts, living food & fun!*

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