

FUN-DAMENTALS OF HOOPDANCE & YOGA WORKSHOP

**Saturday, April 11, 2015
1:00 PM – 2:00 PM**

LOCATION
Sports Center, MA Center Chicago
41W501 Keslinger Rd,
Elburn, IL 60119

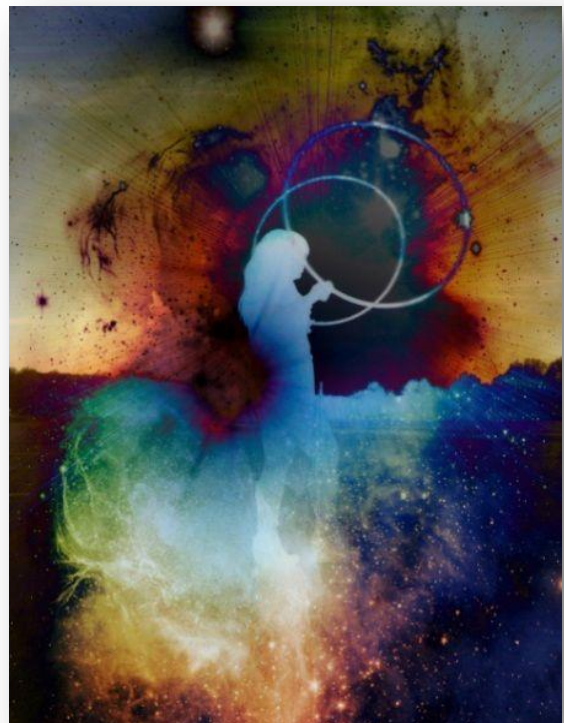
DONATION: \$10 per person (all proceeds go to Green Friends Initiatives)

**For more details please contact Lori Shramek at
lorishramek@gmail.com or 708.250.7027**



Desiree Eastham, Soma Yoga & Wellness.com

Hula hooping, dance and yoga combine to bring you this unique fitness program that enhances total body awareness, hand-eye coordination, increased flexibility, fluid body mobility and core strength. Through Yoga, we'll open the body, the spine, the hips and the shoulders to help with fluidity in the hoop. Next we'll flow through basics of hoop dance. Hoop dance is a unique, artistic movement involving dancing with one or more hoops through prop manipulation, rotation, and sustained spinning. Hoop dance combines sequential, complex tricks and smooth, flowing transitions while moving the body rhythmically. Join Hoopnotica™ and Yoga Instructor, Desiree Eastham, for this spectacular chance to discover your playful side!!! I have 12 adult hoops. B.Y.O.H. and play.



Note: If you have your own Hula Hoop, please free to bring them along