

**Hello Hoopers,**

This is the very first Boomtown Hoops e-newsletter. If you no longer wish to receive emails from us simply shoot me a message and I will remove you from the mailing list.

**Upcoming Events & Classes****BERKELEY COUNTY ADULT AND COMMUNITY EDUCATION CLASSES**

Hoopdance fitness classes

***Four-week class sessions start January 20 and February 15, 2010***

**January 20** (lasts 4 weeks)

Monday and Wednesday, 7:15 - 8:15 p.m.

Tuition: \$45

CLASS CODE 506

**February 15** (lasts 4 weeks)

Monday and Wednesday, 7:15 - 8:15 p.m.

Tuition: \$45

CLASS CODE 507

***You must register through Berkeley Co. Link is below.***

***<http://boe.berk.k12.wv.us/bcschools/s602/index.htm>***

**BEGINNER / INTERMEDIATE HOOP WORKSHOP****Saturday, January 23, 2010**

1:00 to 4:00 p.m.

Pangborn Elementary School

195 Pangborn Blvd., Hagerstown, Maryland ([get directions](#))

Price: \$35.00 for a 3-hour workshop

Workshop will include 30 minute workout routine and instruction on the following skills and tricks: hip hooping, shoulder and chest hooping, walking with hoop, bringing the hoop off the body, bringing the hoop on the body and two variations, hand control and ways to apply it, basic jumps, and an introduction to stalls and isolations.

*Refer a friend and receive \$5 off your and your friends workshop fee, just email me and let me know.*

**Hooping and Spirituality**

The circle. My hoop, always present in my life. Like food, or my kids. Not only is it colorful and pleasant to look at, it seems to me to be more than just my exercise tool, more than my form of dancing. The circle symbolizes unity, wholeness, oneness, focus, perfection. It symbolizes the cycles of life. The changes in the seasons, water cycles, the revolutions of the earth and planets around the sun, and my own cycles. I pick up my hoop and

spin it around me. I bring it up and down, now I am the center of this vortex. Like the eye of the hurricane, the center of the tornado, the sun of my own universe. And for just awhile I have no worries, no cares, no bills, no stress, just a colorful circle to manipulate and be in the flow with. Oh' the joy.

Sometimes I just dance with it and let go. Other times I work on new tricks. There are some tricks I spend months on. I have spent 6 months or more on some tricks. You would think this to be discouraging, but it's encouraging. I can see myself doing it in my head and I know that if I can see it, I can do it. Eventually I get it and then in more time I perfect it. Not all tricks take months to learn, some take days. I don't want you all to think that it takes months to learn a trick. But there are some hard ones that take time. I got off on a tangent there. Back to what I was originally saying. Hooping makes me feel connected to the universe and to myself. That is where I will leave it this time.

*If any of you have anything you would like to share about hooping, please put your thoughts down and share them with us. You can email it to me and I will put it in the next newsletter with your permission.*

*Love, mindfulness, and light,*

Stephanie Connell  
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