

JANUARY BOOMTOWN HOOPS NEWSLETTER

HAPPY NEW YEAR!!!!!!!!!!!!!! Welcome 2011!!!! I am ready to make this year the best yet. I am geared up with a positive attitude, a handful of affirmations to say to myself daily, some goals, and an open mind. I challenge you all to make at least one goal for this year. Write it down, make a plan on how you plan on achieving it. Keep it somewhere you can view it often, journal so you can track your progress and stay focused. I also challenge you to evaluate your life, fix what doesn't work for you anymore, and do more things that bring you and the people around you joy. This is our year, 2011. Lets make it the best yet. I love and believe in you all, now for some hooping news.....

UPCOMING CLASSES & WORKSHOPS

January 21, 2011 - 7:30 - 9:00 pm

Baltimore Yoga Village- Mt. Washington (6080 Falls Rd.- in the back, Baltimore, Md 21209)

Cost on a donation basis - \$20 recommended.

Come join us any level of experience, we will have plenty of hoops for everyone to use, or bring your own. We will be learning, being creative, having fun, and dancing around. I have new ideas for classes that I am going to try out at this one. So come and be a part!

NOW OFFERING PRIVATE LESSONS. Don't have time to go to a class? Want one on one instructions to really rocket your hooping skills? I will come to you for a 1 hour private lesson, up to 30 miles from me for \$18. I will come to your home if you have a big enough space for 2 people to hoop, or we can meet outside if it's not too cold. If you are 31- 60 miles from me, private lessons are \$35.

RECENT VIDEOS

Here is the video of the holiday parades we were a part of in Shepherdstown and Martinsburg, WV.

<http://www.youtube.com/watch?v=vwYXTLgqUsU>

This is a video I put together during the first good snow we got. I had so much fun doing this. O the magic of snow.

<http://www.youtube.com/watch?v=OjGqC25e0Gc>

TRICKS OF THE MONTH

The first tutorial for this month is a trick I came up with, called The Open Box. It involves double hoops. So if you are working with doubles you should definitely check this one out.

http://www.youtube.com/watch?v=sYW_SPsybdY

This second tutorial is with Baxter from the Hoop Path. He has a great way of hooping and I love his ideas and teachings. This is a long video but worth watching.

<http://www.youtube.com/watch?v=YkjrMD0pk&feature=related>

I hope these help you, and if you have any requests for video tutorials let me know and I will do my best to get them up for you.

INTERESTING ARTICLES

<http://www.hooping.org/2011/01/centered-while-moving-rumi-poet-laureate-of-hoopers/comment-page-1/#comment-5243>

<http://www.hooping.org/2010/12/dancing-with-dopamine-and-spinning-to-serotonin/>

Both are worth reading.

Well everyone, that's all I have for you this month. Much love, happy hooping, and wishes for a great year.

Stephanie Connell

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Boomtown Hoops

<http://www.boomtownhoops.com>