

June Boomtown Hoops Newsletter

Well hello again friends. So far this season has brought many good things to us at Boomtown Hoops. Our hooping community is thriving and I am happy to say that so far this season I have taught close to 1,000 people how to hoola hoop. It brings me great joy to spread my love for hooping and share my knowledge with others so that they may grow in their own circle. June is going to be another busy month for us so here are the upcoming events....

UPCOMING EVENTS AND CLASSES

Here is a a few things we already did this month....

Body Works Program in Berkeley Springs, which was a great success. Performed at Allen & Julie's wedding celebration, and a Peace Gathering.

June 11

Cantebury Nursing Home in Sheperdstown, Wv.

I will performing solo for the great folks at this nursing home. This is something I have always wanted to do and am really looking forward to this.

June 12 - 13

Cumberland Heritage Days

<http://www.heritagedaysfestival.com/>

Located in Cumberland, Md, there will be live music, craft and food vendors, and hoop workshops by us. A great event for the whole family.

June 17 - 19

Smoked Country Bluegrass Jam

<http://www.smokedcountryjam.com/>

3 days of great bluegrass music, including one of my favorite bands, The Fox Hunt. There will be camping and an activity tent for kids. This is also my birthday weekend so come out and celebrate with us. We will be doing workshops from 2- 3 pm on Friday and Sat in the kids area, but adults are welcome to join the fun.

June 25 - 27

Shenandoah Midsummer Festival

<http://www.shenandoahmidsummer.com/>

The Shenandoah Midsummer Festival is a full weekend of Earth-Centered spirituality and fun held in beautiful Middletown, Virginia at The Battle of Cedar Creek Campground. The focus of the event is to strengthen ties in the Earth-based and metaphysical spiritual community and to raise awareness of these wonderfully diverse belief systems. Toward that end, the Shenandoah Midsummer Festival includes a variety of workshops, presentations, and religious ceremonies that showcase different aspects of the various spiritual paths that fall under the umbrella term of "Paganism," all in an open, accepting, family-friendly environment.

That raps it up for the month of June. And I am happy to say that July 4th weekend we are taking a vacation. My mom has never been to a festival for fun, we always vend, so we are taking her to Nelson's Ledges Quarry Park in Ohio.

In the months of August and September we are turning our focus to workshops. If you would like to have a workshop in your town, please let us know. We are available to do beginner workshops as well as advanced. As an incentive, if you gather 6 people, including yourself for a workshop, your fee will be waived. We already have had 2 people take advantage of this and have a workshop planned for Altoona, Pa on July 24 and Elliotsburg, Pa for August 14.

CALLING ALL HOOPERS.....ARE YOU INTERESTED IN PERFORMING WITH US?

I am putting a lot of focus onto group choreographed hoop dances. If you are interested in performing with us please contact me and I will send you an application. I also need the link to view a video of you hooping so I can see what level you are at and your style. Some dances I will need advanced hoopers, others I will use a mix of beginners and intermediate. Everyone will get an opportunity. The dance we performed at the Md Faerie Festival featured 3 new hoopers so don't be shy. At the moment I am working on a dance to perform at the Watermelon Park Bluegrass Festival, we will be opening up for the Hot Seats!

TRICKS OF THE MONTH

First one this month is lifting the hoop off your body. They teach keeping your arm close to your body, I teach pushing your arm away, and it has always worked for me. Try both ways.

<http://www.youtube.com/watch?v=UOt93oz6f2E>

This second one is called Paddling. I have done this before but never knew what it was called. Happy Hooping

<http://www.youtube.com/watch?v=T0ntqrS1rAc>

Our Videos

Here are some videos from last months performances. I highly recommend the first one. It was shot and put together by Ken Morril.

<http://yenra.tv/faerie/hulahoops.html>

this one is from Allen & Julie's wedding. Angel and I choreographed this dance and performed it to LIVE Fox Hunt.

<http://www.youtube.com/watch?v=8E-uIKgPQaA>

This next one is of me dancing late night at Allen & Julie's wedding with LED hoops. Also has a little bit of the lovely Tasha from Fredericksburg fire hooping. The best fire hooper I have seen in person.

<http://www.youtube.com/watch?v=nuP6VWKYR9M>

That is all I have for you this month. Thanks for your continued support and hope to hoop with you all again sometime. How did your goals go for the month of May?

Thought for this month, Masaru Emoto, the man that photographed crystallized water molecules after they had been exposed to vibrations of music and sound. The water that had been exposed to negative words and heavy metal music formed deformed crystals. Water exposed to classical music, and positive words formed perfectly formed crystals. Our bodies are made up of a lot of water. So imagine that by you saying a kind word to someone what that does to them on a level not noticed by our senses. I feel like I may have talked about this before, and if so I apologize. I am reading a book called *Ancient Sounds, Modern Healing*, by Jill Mattson. It deals with sound healing, and the influence sound has on our bodies and spirits. She also talks a lot about ancient music and how it differs from ours. Our modern music is very basic and I was shocked to learn that there is so much more to it than the basic scales that we use. Here is the link, I highly recommend it.

<http://www.jillswingsoflight.com/>

With that I leave you with love and light my friends. Even though I may not know you, I love you. Happy hooping.

Stephanie

<http://www.boomtownhoops.com>