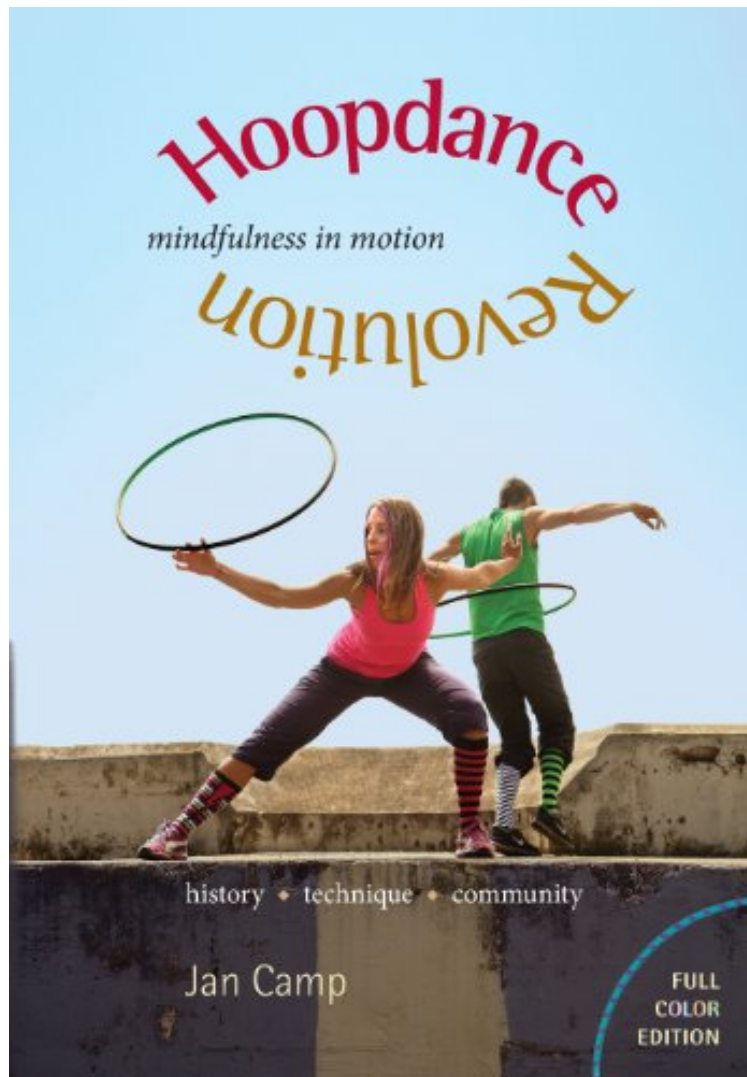


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Hoopdance Revolution: Mindfulness in Motion: Full Color Edition

Jan Camp

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Jan Camp : Hoopdance Revolution: Mindfulness in Motion: Full Color Edition before purchasing it in order to gauge whether or not it would be worth my time, and all praised Hoopdance Revolution: Mindfulness in Motion: Full Color Edition:

3 of 3 people found the following review helpful. Great exposure to all aspects of HoopdanceBy Nancy C.Hoopdance Revolution is a very digestible book about hoopdance, mostly because it uses the technique of personal narrative to tell the story of hooping and how it affects people's lives. At the end of each chapter, there are links to videos that accompany the narrative within that chapter so one can see for oneself what is being described. The book recounts the history of hooping and helps one to understand why it affects so many people so profoundly. If you want to see what

hooping is all about, or just get a better sense for the many ways hooping is done across the country, this is a great book. 0 of 0 people found the following review helpful. Hoopity hoop By Plummie Granddaughter got some great dance moves from this 1 of 1 people found the following review helpful. Great book for hooping lovers By starlight I am a hooper and love all things hula hoop related. After conducting a review of this book, I decided I wanted to add it to my resource library. I received the item today and I love it. If you love hooping and are intrigued by the movement, I highly recommend this book to learn about its history. I also highly recommend purchasing the hooping life video. I will be giving both items as gifts to members of my hooping class.

Hoopdance Revolution puts a new spin on that favorite childhood pastime, hula hooping. The book is a history of hooping, the flow art that evolved from hula hooping in the 1990s to become a 21st Century phenomenon. "Exploring the health benefits that the hula hoop can foster in both the physical and mental sense, 'Hoopdance Revolution' is a choice and highly recommended addition to health and self-help collections." Says the Midwest Bookwatch review. This hands-on guidebook is for you if you are looking for healthy fun, regardless of your age, size, or level of fitness. "Hoopdance Revolution" puts a new spin on that favorite childhood pastime, hula hooping. Find out how it evolved into a fitness program, what makes hooping so popular today, and why it is steadily gaining followers worldwide. As the counterculture of hooping took hold, since 2000 it gradually merged with other forms of dance, aerobic exercise, and yoga. Author Jan Camp takes readers to her first hooping class and introduces us to professional hoopers across the United States and abroad. Their fascinating stories reveal the unsuspected physical and mental benefits of playing with a hoop. With this simple tool, you can dance your way to greater stamina, sharper mental acuity, and emotional balance, and you may even find that hooping increases your spiritual awareness and overall sense of well-being. The book's website at www.HoopDanceBook.com hosts over a hundred videos of tutorials and performances.

"The hula hoop is making a comeback for the modern era. Hoopdance Revolution: Mindfulness in Motion explores the hula hoop and how this child's toy can come back for the modern day as a toy of entertainment and exercise on many levels. Exploring the health benefits in both the physical and mental sense that the toy can foster in people, "Hoopdance Revolution" is a choice and highly recommended addition to health and self-help collections, recommended." ~ Susan Bethany, Midwest Book About the Author Jan Camp is a book designer with an active hooping practice. Since publishing "Hoopdance Revolution" she has helped many other independent authors bring their projects into book form. See www.ArcLightBooks.com