

Intermediate Hoop Dance Course Starts Wednesday 2nd March



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-250265-z>

Advance your hoop dance skills with DreamSpin Hoop Dance. 6 week course starting Wednesday 2nd March At St Martins Church Hall (Wagner Hall), Lewes Road, BN2 £50 for 6 week course Learn the art of flow, adding more moves to your repertoire, such as body rolls, wraps and jumps. A fun, friendly and challenging course that will put you right in the moment and keep you fully focused. We will also be working on chest and knee hooping and variations on each move. Infinite possibilities for you and your hoop! DreamSpin Hoop Dance was the first hoop dance company in Brighton. I have been teaching since 2009 and have been hooping and performing for almost ten years. I am also a fully qualified exercise teacher Find DreamSpin Hoop Dance on Facebook, youtube and website for free tutorials and more.

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