

Thank You so much for your interest!

Here is some info that might help you relax a bit more about your 1st Hoopdance Taster Session

What do I need to wear?

Anything comfortable that allows movement. We are not fancy, so no need to purchase fancy leisurewear. Comfy shoes are important – in high heels, flip-flops you will not enjoy moving around. Please try to leave accessories at home: hard (metal) bits of jewellery, watches, belts etc can be pushed into the skin or even pulled out by the moving hoop.

What do I need to bring?

Water for your own rehydration. No need to bring a hoop although if you have one you are welcome to bring it with you. For all dshoops activities hoops are provided for the full duration of these events.

Can I buy hoops?

Hoops will be available to purchase before & after the event & if you have any special requirements, hoops can be ordered, too. Hoops are £15 each & Advice is free of charge – it is important to use hoops that are suitable for your purposes, size & skill. Once you purchased a hoop from us it is possible to get a refund or exchange as long as the hoop remains in new condition. If you used the hoop you purchased & damaged it, there is no refund or exchange.

What to expect?

Hoopdance is a cardiovascular exercise. We will be performing some basic moves & tricks during the session. If at any time you feel uncomfortable or something hurts, please do not hesitate to let me know. If you are tired and need to catch some breath feel free to do so – there is no competition going on, it is for fun, not for exhaustion or to harm.

Some of the moves will be quite complex, although I will be giving you clear instructions & will do my best to help you perform the move, it won't always work first time. These tricks are to be tried a few times & because we are learning to manipulate an object, we need to get used to it first. So please do not give up or get frustrated: try it a few more times & it will work. Do not ever think that I could do all the moves when I first tried... The advantage of the tricks is that you get quite carried away concentrating, so the hour of working out will feel like a little bit of playing around. Some of you will get one trick easily but struggle with others – you will find that we are very different & what might be easy for you will be difficult for someone else and vice versa.

This is a taster session: it is for complete beginners. So it is really not likely that other participants have experience of hoopdance at any level. There won't be others showing off with their advanced hooping.

The following days you might experience aches in your muscles because we will work a lot harder than we usually do even if we do not realise that during class. That achy sensation will pass in a few days. If you are not used to pressure applied on the body you might develop slight bruises. On the day the massaging action of the hoops might cause erythema (redness of the skin) which might be followed by bruises the next day but they will disappear soon & not come back if you keep hooping.

There is plenty of free parking available at the venue.

For address with postcode please check the website.

My contact details: (if you are lost, cannot make it, etc.)

Email: bee@dshoops.co.uk

Mobile: 07928253972

Please try to get to the venue in time. You do not only need to warm up properly (for your safety) from the beginning of the session but you will be part of a group & it is nice to respect others & their right to enjoy an undisturbed session of hoopdancing. If you have any questions or comments please do not hesitate to get in touch.

I am looking forward to hooping with you,

:X

Bee