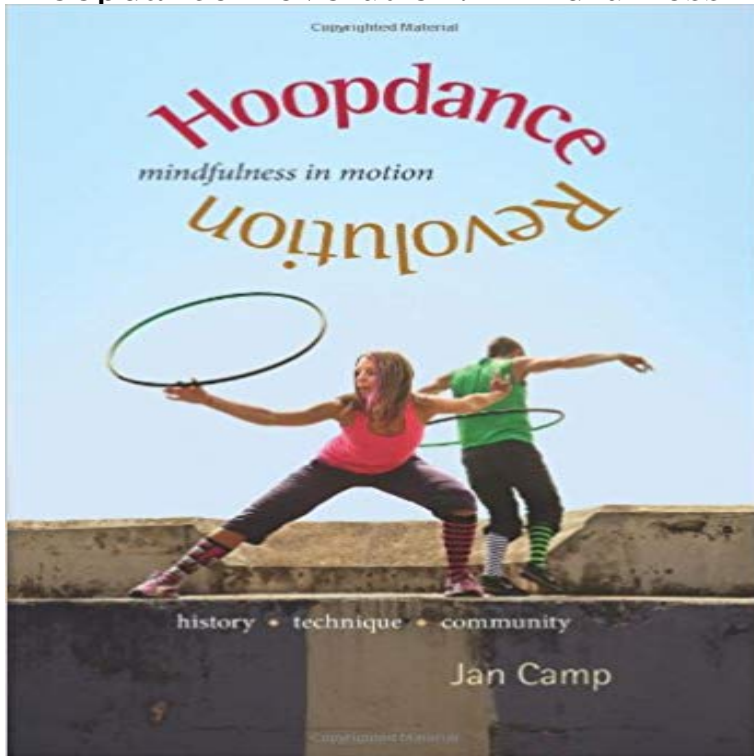


Hoopdance Revolution: Mindfulness in Motion



This is the BW interior version. Search for full-color with the title to bring up the latest version. You won't find a more interesting, entertaining, better documented book on the hula hoop than Jan Camp's *Hoopdance Revolution*. Carolyn Warren for Bookpleasure.com. It is highly recommended for health and self-help collections by Midwest Bookwatch. If you are looking for healthy fun, regardless of your age, size, or level of fitness, this hands-on guidebook is for you. *Hoopdance Revolution* puts a new spin on that favorite childhood pastime, hula hooping. Find out how it evolved into a fitness program, what makes hoopdance so popular today, and why it is steadily gaining followers worldwide. As the counterculture of hoopdance took hold in recent decades, it gradually merged with other forms of dance, aerobic exercise, and yoga. Author Jan Camp takes readers to her first hoopdance class and introduces us to professionals in the field 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 hoopdancing increases your spiritual awareness and overall sense of well-being. Visit www.HoopDanceBook.com for over a hundred videos of tutorials and performances. Published by ArcLightBooks.com. Historian and author, Gretchen Lemke-Santangelo, says, "As a stranger to hooping I was engrossed from start to finish. *Hoopdance Revolution* is a terrific piece of writing. Jan Camp tells the story by masterfully combining her words with the contributions of others. In doing so she makes the subject come alive, completely capturing its dynamism, egalitarianism, and participatory quality." Performance artist and author, Shailja Patel, says, *Hoopdance Revolution* is going

to be the definitive hooping text for a long time to come. This work is complete and compelling. It opens the reader to possibility, and paints a vivid, sensory world of healing and transformation.

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