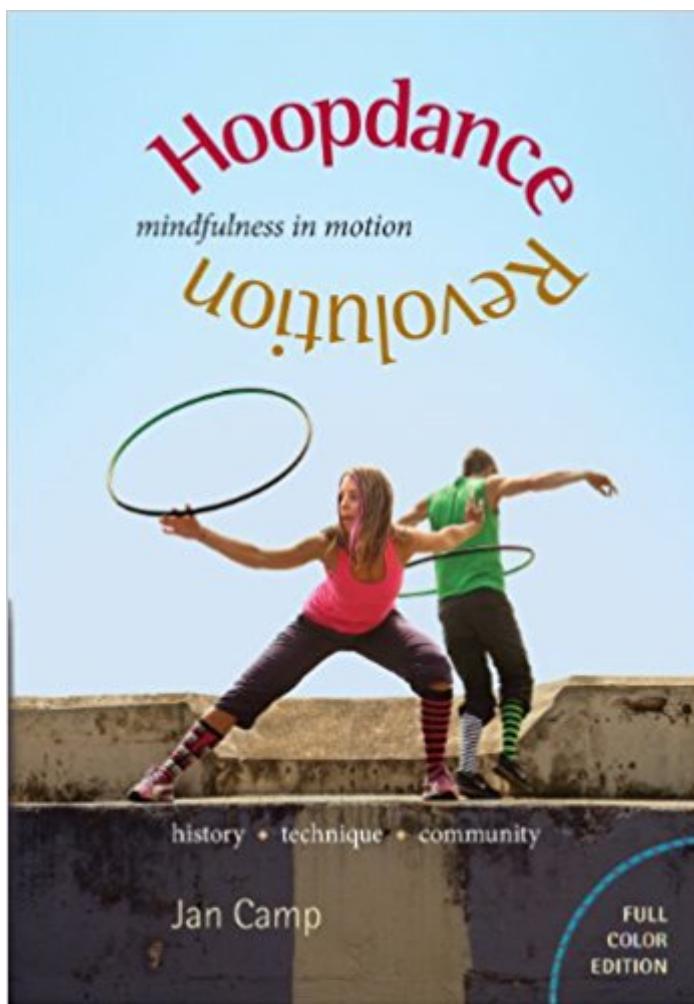


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# Hoopdance Revolution: Mindfulness In Motion: Full Color Edition



## Synopsis

Hoopdance Revolution puts a new spin on that favorite childhood pastime, hula hooping. The book is a history of hoopdancing, 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 hoopdance so popular today, and why it is steadily gaining followers worldwide. As the counterculture of hoopdance took hold, since 2000 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 professional hoopdancers 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. The book's website at [www.HoopDanceBook.com](http://www.HoopDanceBook.com) hosts over a hundred videos of tutorials and performances.

## Book Information

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## Customer Reviews

"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 Review "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."-- Gretchen Lemke-Santangelo, author of Daughters of Aquarius: Women of the Sixties Counterculture "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." --Midwest Bookwatch "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."--Shailja Patel, performance artist/activist and author of *Magnitude*

Jan Camp is a book designer with an active hoopdance practice. Since publishing "Hoopdance Revolution" she has helped many other independent authors bring their projects into book form. See [www.ArcLightBooks.com](http://www.ArcLightBooks.com)

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.

Granddaughter got some great dance moves from this

I am a hoopdancer 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 hoopdancing and 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.

I like that this book has so much info on hooping. It's nice to have in my library. Very well put together.

As a hooper and an avid reader, I thought the book was very informative :)

During a recent vacation with my family at an upscale resort, all eyes turned to a 30-ish woman doing amazing things with her hula hoop on the beach. It brought back a flood of good memories playing with hula hoops as kids. I couldn't be more delighted to see that there's a new wave of interest in this artful sport. Hoopdance Revolution by Jan Camp is the most complete book on the hula hoop anyone could ever wish for. Nearly every page contains color photographs, adding to the interest and fun of reading. Her brief history of the hula hoop is fascinating and even includes a vintage French postcard of ladies in old fashioned swim suits hooping with the Arc de Triomphe in the background. Instructions on technique guide both the newbie and experienced hooper. "If you are new to hooping, avoid using your body as a single unit like a paddle. Taking a rigid stance might help to keep the hoop up longer, but it will make dancing more difficult and ultimately cause strain. Instead, keep your posture loose and responsive," says Camp. She goes on to explain that reversing direction improves balance and mental acuity by engaging both sides of the body and the brain. But there is an abundance of information for advanced and professionals as well. There is obstacle hooping, unconventional postures including yoga poses, hooping on rollerblades, martial arts, and of course, dance. There is even a section on hooping through pregnancy. According to personal testimony given in the book, hooping can dispel depression and help people of all ages deal with stress. Several people tell how they lost unwanted body fat via the fun of hooping. Julie of Las Vegas started out as a closet hooper, then graduated to doing outdoor hoopdance. As a result, she lost 60 pounds. Dana Moore began hooping to modern day hymns in order to work out her anger after a bitter divorce. It seems that the spectrum of religions have incorporated the hula hoop. In Alabama, there is a hoopdance ministry associated with a local Christian church that gives away hoops that have been prayed over and anointed in oil. American Indians bring their culture to life through their sacred storytelling hoopdances. Buddhist Betty Shurin hoops to "awaken energy through intentional movement." New Agers also employ hooping to balance energy. KaRa Maria Ananda says that "hoopdance not only keeps the human body in good health but strengthens the Milky Way as well." Readers may not agree with all viewpoints in the book, but one thing is for sure. You won't find a more interesting, entertaining, better documented book on the hula hoop than Jan

Camp's Hoopdance Revolution.

As I was reading Hoopdance Revolution I found myself taking breaks and going out to my backyard to try out some of the hooping moves demonstrated in the book. I already had a hoop that I had made with Jan Camp a few years ago, when she had a workshop on how to make your own hoop and learn how to use it, but I had abandoned it in a corner of my yard. Reading this book got me very excited about jumping back in to hooping and because of the helpful descriptions and videos that are connected to each chapter, I was actually able to do things I didn't think I was capable of. Jan has organized the book so that it flows as smoothly as the story she tells, which is both personal and universal. She includes a helpful amount of history of movement, hooping, dance as well as the people in the book. There are some beautiful stories about the hooper's lives that made me feel hopeful and happy. Now I hoop everyday at my lunch break and most mornings before work. Amazingly, hooping has helped me with anxiety and I know I wouldn't be doing the "tricks" I can do without reading this book. As soon as I finished Hoopdance Revolution, I rearranged my back yard to allow enough room for hooping with friends and music to dance/hoop to. The book is inspirational and a lot of fun to read.

This book is a great resource for hoop dance and hoop fitness knowledge. Hooping is sweeping the country and the World and this book takes you all around and introduces you to people that otherwise you might not know about. It also gives you history, links, and resources to get started or to take your practice to new places. It is a book of dreams come true. And I would recommend it to any reader curious about what hooping is or how to get involved or just to know more.

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