

# Introduction to Poi and Poi Dancing

Poi is an ancient art of dancing that has origins dating back as early as 3000 BC originating with the Maori of New Zealand. What was at first a training ritual used to build up strength, flexibility, and coordination has become a dazzling form of performance art.

This will be a one-week intensive with three 90-minute classes. You will be taught moves like the 2 and 3 Beat Weave, Threading the Needle, The Butterfly, Windmill, Buzzsaw and more! At the end of the three classes we will head out to Cactus Joe's and have a Fire Spinning experience. Yes, you will spin fire and, yes, it will be awesome.

## WHEN/WHERE:

The dates and locations:

July 23 - 7-8:30PM - Barefoot Sanctuary  
July 28 - 7-8:30PM - Exploration Peak Park  
July 30 - 7-8:30PM - Exploration Peak Park  
July 30 - 9:00PM - ?? - Cactus Joe's (in Blue Diamond)

## COST:

\$75 for all three classes and play time.  
You must provide your own practice poi.  
Fire spinning poi will be provided when we light up.

## HOW TO SIGN UP:

Registration will be through <http://www.barefootsanctuary.com/> and payable online.

## MORE INFO:

Where to get poi:

I recommend getting sock poi, they are lighter and come in cool colors!  
There are also fuzzy poi, practice poi (which replicate fire spinning heads), glow poi, and streamer poi. Do not get streamer poi.

Here are a few online retailers:

<http://www.jugglingstore.com/store/poi.aspx?CategoryID=15>  
<http://www.thespinsterz.com/poi/poi.htm>  
[http://insphyre.com/cart/index.php?main\\_page=index&cPath=17](http://insphyre.com/cart/index.php?main_page=index&cPath=17)  
<http://www.dube.com/poi/poi-spinning.php>  
<http://www.luxotica.com/store/sock-poi-p-49.html>

If you like, you may also buy your own fire poi or glow poi.

<http://www.firemecca.com/c-28-poi.aspx>

All participants will be required to sign a liability waiver. Children over the age of 13 may take the class but will not be allowed to fire spin unless a parent is present and has also signed a waiver.