

**Community  
Acupuncture**  
Now Weekly:  
Every Saturday  
11-1  
\$25

**Community  
Chiropractic  
Care**  
Saturday,  
September 18  
12-2  
\$20

\*\*\* Followed by a Free  
workshop on NAET: one free  
session included with  
attendance\*\*\*

**Community Yoga**  
Every Friday  
6:30-7:45  
Minimum suggested  
donation is \$7!

**New Stuff:**  
*New Yoga Classes!*  
*Introducing Zumba and  
Hooping classes (free intro  
classes)*  
*New Pilates class!*  
*New class schedule!*

Much Love and Many  
blessings!

**Gateway  
Bodyworks  
Newsletter**

September 2010



## Hooping:

Today's hooping trend is not the hula hooping you may have done as a child. The hoops are different: larger, heavier and handmade locally. Because the hoops are heavier, it will rotate slower around the body, making it easier to hoop, but also to perform various moves and tricks! Everyone can learn to hoop, no matter age, size, or agility level! Not only that, but hooping is fun, it feels good and it is a great form of exercise! Hooping has many other benefits too! It promotes awareness of the body, it links breath with

movement, it produces a meditative state of being, and it opens the spine, strengthens the abdominal muscles, encourages integral functioning of the organs, gives a nice massage, and produces many smiles! Some experts say that Hooping can burn up to 400 calories in 1 hour by just basic waist hooping or 600 calories in 1 hour by incorporating speed, tricks/movements & jumping to your hooping.

The class will focus on developing basic and intermediate skills such as waist, chest, leg, hip hooping as well as arm and hand work, off body hooping and bringing dance and meditation to the hooping experience.

Hoops are provided, but if you have your own, please feel free to bring it. We also have various hoops for sale! Prices range from \$20-\$60.

*Gateway Bodyworks and  
Wellness Center  
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