

Hoopchi, World Tour Comes to Bend

As a part of a world tour brought to you by Betty Lucas, international Hoop Dance and Hoopchi instructor, will be visiting from the San Francisco Bay Area to teach a Hoopchi workshop at the Terpsichorean Dance Studio,

1601 Northwest Newport Ave. Bend, OR 97701, Thursday June 30, 6-8pm.

Combining the national craze of hula hoop dance intertwined with Tai Chi-inspired movements Lucas created and launched Hoopchi for the first time in Bali September 11, 2010.

Lucas' Hoopchi world tour has since been to Sri Lanka and the Maldives, featured at retreats and Yoga dance studios across the U.S. While in the Maldives, Lucas videotaped her soon-to-be released Hoopchi tutorial. Bend owner of Terpsichorean Dance Studio, Carolyn Brant noted that Lucas' soothing



and inspiring Hoopchi is a perfect match for the studio's dedication to the joy of movement.

Known for her encouragement of people in all fitness levels, Lucas' Hoopchi workshop combines her ballroom dance background along with stretches using the

frame of the hoop to tone and strengthen the body.

Hoopchi workshops teach a stress relieving form of movement where the hoop swirls off and around one's body, not the waist, providing an overall body-toning and energizing workout for people interested in a unique form of exercise and dance or for those who want to begin a gentle, yet effective, low impact energizing routine. "The practice of HoopChi is versatile, said Lucas, "Once each move is mastered, Hoopchi can be sped up and turned into a dance."

Tickets: www.lucashooping.com/Store.html