

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

POI SPINNING AT ALCHEMY!

Perfect the art of Poi Spinning for summer in this six week course at Alchemy. In this course we will learn the symmetrical art of spinning poi, the rhythms which accompany styles of movement and find the freedom of flow to define your own dance style.

Poi originally comes from the Maori culture of New Zealand where it was used to develop coordination, dexterity, and flexibility. The symmetrical spinning circles which the poi create allow us to develop our understanding of our own planes of movement, acknowledge and transform any blockages we may have on either the left or right sides while balancing the corresponding hemispheres of the brain. This results in a mental state of control and euphoria and the physical experience of freedom and grace.

The beauty of poi is finding and exercising your own inner flow and this is what defines each individuals signature of movement. Every one can spin and will bring to this art their own unique interpretation of the form.

Come and share in the powerful unfolding of your own ease and grace in movement!

Poi available at Oddballs Camden Market

WITH JUDITH WAY



Judith Way has been practising the art of Poi for ten years. She has performed professionally and internationally as a poi spinner and firedancer. Learning poi marked a major turning point in her life where she discovered direction and purpose through awakening the potential of expression through movement. She attributes poi to developing and expanding her inner awareness of space and direction and aligning herself to her own sense of flow; something totally invaluable and essential to have in these transforming times.

THURSDAYS, 14TH, 21ST, 28TH MAY & 4TH, 11TH & 18TH JUNE

4:00PM – 5:30PM

FEE: £13

NO PREVIOUS EXPERIENCE REQUIRED. LIMITED SPACES. SIGN UP SOON NOT TO MISS OUT!

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