

# Pole Dancing

Pole dancing is not just a dance. It is dance, gymnastics and yoga all rolled into one.

Complex moves require women to lift their entire body weight and to look effortless. The movements work the body as a whole, not just one muscle at a time. This means a full body workout, second to none.

It is such a simple piece of equipment, but probably the most challenging one - there are no handles, no steps and it can be very slippery.

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[www.bodymind.co.za](http://www.bodymind.co.za)

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A few  
Favourites

Awesome  
Pole Videos

Some Tips  
for Beginners

My Own  
Story



*Natasha Williams on the pole*

[www.tiamari.com](http://www.tiamari.com)

Here's just a few of my favourite pole dancing pictures - just to wet your appetite...

(No! It is NOT me on the pole!)



below is *Natasha Williams* again



## Miss Australia 2006

I found this video clip of “Miss Australia 2006” on U-Tube.

If this video doesn't inspire you, I don't know what will! You will want to watch it again and again. You will admire her and hate her at the same time.

[Click here to download](#)



## Amazing Guy

I found this video clip on U-Tube as well.

It starts with 2 girls working the poles. Then a male comes up, takes over from the one girl, and totally steals the show!

[Click here to download](#)



## Pole Dancing Tips

I found some good tips by POLEMINX - the link is:

<http://www.poleminx.co.uk>

I was contemplating making a summary of the tips in her blog but I decided against it.

She has such a nice writing style and there is simply too much to put on one page here.

Just in case the blog gets taken down, I am putting all these on PDF as well.

I will add more tips from other pro's as and when I find more...

## Pole Dancing Tips on PDF

[Dealing With Pole Pain](#)

[Visualisations to Help Pole Dancing](#)

[Performing a Valentine's Day Pole Dance for Someone Special](#)

[8 Useful Pole Dance Accessories](#)

[6 Very Common Pole Obstacles Which Will Disappear With Practice!](#)

[8 Essential Pole Dancing Habits for Good Technique](#)

[2 Easy Ways to Make Some Pole Dance Progress](#)

[Footwear for Pole Dancing](#)

## **Yes, I bought a pole!**

And now I've added one more thing to my list of "things I wonder if I'll ever be able to master"!

When I ordered my pole, I was so excited that I couldn't sleep - I conjured up wild fantasies of myself on this awesome piece of equipment and fancied myself a pro dancer at once.

Then the pole arrived...

What a humbling experience! All I can say is... to those girls in the amazing videos... HOW THE #\$%& DO YOU DO IT???

**Well, it's true what they say: there really ARE no handles or foot holes!** Yes, it's also slippery at times. But the WORST is... the moment you start using it, you realize that you suddenly, unexpectedly, miraculously... picked up weight, and you are now weighing about 3 tons. Or at least that's how you feel! SO HEAVY! Try pulling up your body weight if you've never done one-arm pull-ups at the gym! Not so easy, right? Not easy for me anyway, although... I must admit, I am on the wrong side of 40, and haven't been to gym "in a while". That's the very reason I bought the pole - so that I could get a full-body workout the "fun" way. FUN? What fun? It's HARD WORK, people!

I started with Natasha's beginners video, **I cried, swore, and cried some more.** I gave up a few times and then I started again. Moving around the pole is something even I could learn. I managed the "fireman spin" and some other interesting moves. But when we got to the "Invert" I was bowled - HANGING UPSIDE DOWN? ME? Well, it IS in the "beginners" video! It took me literally WEEKS to finally muster the courage to try it, with my son standing ready to **catch the falling star** if necessary. And it wasn't half as difficult and scary as I first thought it would be. So now I am able to do the "invert" move, albeit not necessarily "with grace". I still can't "sit" on the pole, cause my sissy legs just hurt too much when I let go with my hands, which means I am still officially on "beginners level", and I still weigh a ton.

Anyway, be that as it may, I am NOT getting rid of that pole!

**It stares at me at night, and it glares at me in the morning...** and I WILL master it.

I will NOT submit to it. I will NOT give up!

Why not get your own and join the ranks of thousands of women who might never "go pro" - **yet somehow advanced to a higher state, uplifted, elevated, floating on a fantasy cloud, dreaming of the day they will finally have mastered "THE POLE"**.

Email me at [email@tiamari.com](mailto:email@tiamari.com) and tell me of your own experience on the pole. Let us inspire each other.  
Tiamari