

Benefits of "Chula" HOOPING

- **Core Exercise** Stimulates whole body, innumerable techniques and combinations
 - **Low impact**, high performance, aerobic total with adjustable weight
 - **600 to 1000** calories per hour or more! It activates glands and joints without doing damage
 - **It increases** neuronal activity in the brain, serves for autistic or ADHD, cancer etc.
 - **Massages** the body and skin by stimulating glandular flow, increases circulation,
 - **Facilitates** weight loss, enhances self-esteem, improves attitudes and abilities.
 - **Balances** the muscular skeletal system, calms the nervous system, strengthens the heart
 - **Corrects** reflexes, posture and balance, Covers all ranges of motion
 - **Clears** the mind, requires total attention, improves concentration, calms hyperactive
 - **Sustains** laughter in practitioners and observers
 - **Easy to use** and transport to any place, a gym in a hoop
 - **It does not use batteries**, it does not make noise and it is easy to care for and share!
- In our famous classes you can learn choreography, hoop dance and more, so we invite you to start with a intro class and you will immediately feel the Vibe and Energy that so fascinates all our fans and Hooping practitioners. Thank you very much,



ChulaHoopsUSA-Chula HoopTV - made in USA



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