

# Hula Hottie Level 2 Course

## Learning Journal

**Taking notes is completely optional, but I know some learners appreciate having visual reminders. If you'd like to document your journey, I hope this resource helps you along the way!**

*You'll be amazing at all of this! I know :  
You are always trying your best*



**Don't let the options confuse you! Focus on the course that feels right for your skill level and fitness right now.**



**But remember: if you get bored or want to try something new, feel free to explore! You've got plenty of choices at your fingertips.**

# Course Guide

**intensity & complexity**

**START** ➤ **Level 1:** ➤ **Level 2:** ➤ **Level 3:** ➤ **Level 4:** ➤ **Level 5:**

**Kickstarter Course for Absolute Beginners**

**Of Course Hula Hooping**

**Hula Hottie**

**ShowGirl 1**

**ShowGirl 2**

**Exotic**

**Playground Skip Series**

**Cardio Series**

**Arabesque Series**

[beevargathehulahooper.com](http://beevargathehulahooper.com)

YOU ARE HERE

**Pure Core**

# answers to FAQ

you may not have these questions just yet but this info can help:

## ? The pace feels too FAST/SLOW - can one do anything about that?

Ow YES! Top tips:

- Struggling to keep up? You can modify the playback pace in the bottom right corner (0.75x, 0.5x, or 0.25x) to slow things down.
- Alternatively, if you're finding the pace a bit slow, you can always speed the video up to 2x!





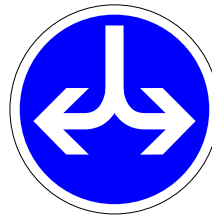
## Shall I repeat workouts or shall I move on? I still cannot do all the moves...

**Good Question! Top tips:**

**We all have different fitness levels, learning paces, and varying degrees of experience with hooping. While some find it challenging, just as many find it quite easy. If you fall into either camp, here is what I recommend: if you think it is**

**too hard / still need to practice**

Feel free to repeat these steps as many times as you need. Personally, I don't like moving on to something new until I've mastered the basics—and it's perfectly okay to be a perfectionist! You'll continue to improve with every rep. If you're wondering how I achieved a smooth, graceful style, the secret is simple: I repeat movements tons of times. Repetition is the key to building both muscle memory and physical fitness.



**too easy, feeling held back**

Ready for more? If these moves aren't stimulating enough, feel free to speed up the video or skip ahead. We're more likely to give up when we're bored, so keep yourself challenged! Everyone starts with a different level of experience, so you be the judge: if it's easy, keep moving forward. I want you to soar and keep building your strength and skills! Imagine this is a car & you are the driver: you can choose direction & speed & it is your epic wonderful hooping journey!

**NOTE:** You'll notice certain skills and tricks reappear throughout this course. My goal is to ensure you never get "rusty." I know from experience that if I don't practice specific moves for a while, they lose their flow—so I've built in regular refreshers. Some moves, like shoulder hooping or inversions, can't be mastered in a single session; they take days or weeks of practice. By bringing these challenges back to "haunt" you just a little, I'm giving you the chance to keep improving until you feel victorious. Together, we'll conquer every move—from the basics to the most advanced!

**fun is always optional we can choose to be sad & frustrated  
or we can choose to play & focus on blessings**

## **why not collect them all?**

**create your own Hooping Book!**

**Each module includes a downloadable PDF. You can keep it digital for quick reference, or print it out and add it to a binder to jot down notes, draw, and attach your own photos.**

**In this way, you can curate your own hooping journal. You'll make your days feel more vibrant and enriched with wellness and self-care simply by engaging in activities centered around your new hobby.**

**'Every journey  
begins with a  
single step.'  
Lao Tzu**

**Just getting started is an  
incredible achievement  
ALREADY! Honestly, most people  
never feel brave enough to try,  
but you've already made that big  
first leap! Your hoop is going to  
empower you more with every  
session. As you get fitter and  
your confidence grows, moves  
you never thought possible will  
start to feel effortless. You'll be  
conquering new levels and  
chasing fun challenges before  
you know it!**



# List of Positive Aspects: My Hooping Journey & Self-Alignment

The 'List of Positive Aspects' is a signature Abraham-Hicks practice for aligning your energy. By intentionally focusing on the best in yourself and others, you gently dissolve resistance and lift your mood. As you shift your focus to what's working, you clear the path for even better experiences to flow into your life.

**I start to help you get going & you can continue**

I am so lucky, and the Universe truly loves me. I stumbled upon such a vibrant, joyful way to stay fit, and I am leaning into the ease of it all. I love the time I live in—it is so wonderful that with a single click, I can call forth a hoop of any size or color I desire, and it arrives right at my door. The barriers of the past are gone; I am no longer stuck searching or waiting.

I love the freedom this hobby gives me. I don't have to travel, I don't have to rearrange my schedule, and I don't have to perform for anyone else. I can find the "nooks and crannies" of my day and fill them with movement. Even when work, studies, or family responsibilities keep my day full, I have the flexibility to squeeze in a session whenever I choose. My hoop is always waiting, ready to meet me exactly where I am. No need to book a class at the health club, no need to wait for a lane to become available at the pool, no need to wait for a tennis partner to arrive. That hoop is just always there for me when I am ready!

I am fascinated by the dual-purpose nature of this practice. What other workout gives me a stimulating massage while I burn calories? It feels so good to know I am rejuvenating my connective tissue and firming my body simply by playing. I am a "mega-genius" for making the decision to give this a go! I've realized that for years I was living on autopilot, but now, I am awake. I am constantly (and joyfully) pushed out of my comfort zone.

I love watching my own evolution. In the past, I might have felt myself declining, but now I am ascending. My body and mind are firing on all cylinders. I am becoming sharper, more coordinated, and more cognitively fit with every rotation. I don't need expensive gear or perfect weather; whether I am inside hiding from the rain or outside basking in the sunshine, my hoop lets me choose what feels best.

This journey is a never-ending puzzle of joy. I love knowing my hoop will never collect dust in a shed. It's like a "puzzle subscription" for my entire body—as soon as I master one move, a beautiful new challenge reveals itself. The better I get, the more "hard" puzzles become available, and solving them feels like a victory for my soul.

Most of all, I love how this has changed my relationship with myself. The older I get, the more fun I am having in this body. The hoop helps me notice my discrepancies without judgment; it helps me focus inward and discover amazing capabilities I never knew I had. I never imagined that "torching calories" could lead to such a deep sense of self-belief and appreciation. I am truly blessed, and I am so grateful for this abundant world that spoils me with such endless opportunities for play. I so deserve this, I so enjoy this!

**now your turn - try & fill this space**

**you can add more pages if you like!**



**You can mix & match the classes!**

## **any sections you like or need to repeat?**

**you can  
repeat  
/re-visit  
your  
favourite  
sections to  
build your  
own  
workouts**

You can take notes on paper or simply keep a mental log—you'll likely find specific warm-ups that feel particularly restorative, tutorials you'll want to revisit, or conditioning sessions that highlight clear areas for growth.

For instance, if you spend much of your workday folded forward at a desk, you might discover a warm-up that perfectly counteracts that tension. That sequence becomes a tool you can carry into any other workout to "undo" the day.

If a specific conditioning session really challenges you, don't be afraid to circle back to it. Revisiting those difficult moments allows you to bridge the gap in your fitness. By repeating workouts where you've noticed a weakness, you can tangibly gauge your improvement over time.

That is the beauty of hooping: we often stumble upon a "calling" or a mission within our own movement. It shows us exactly which parts of our body need a little more loving, kind attention to help them catch up and shine.

# Hula Hottie Module 1

## Warm Up

### Moves:



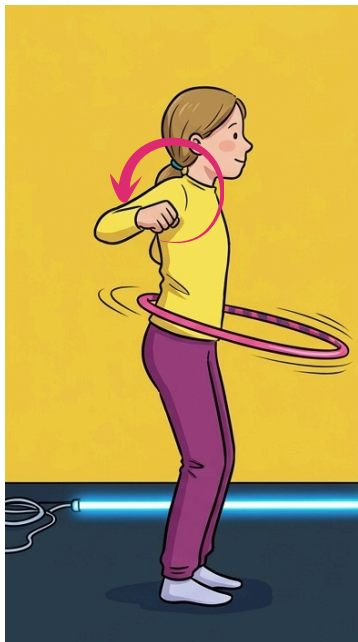
#### shoulder circles



together time:  
forward  
backward



split time:  
forward  
backward



#### cuddle & squeeze



dominant side?



#### lateral stretch single side alternating



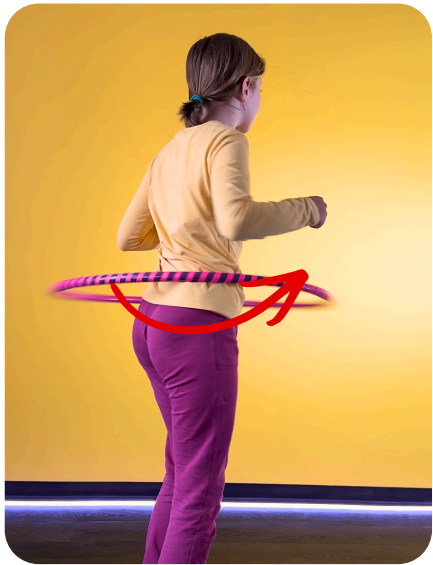
# Hula Hottie Module 1

## Moves:

### » turn around

easy

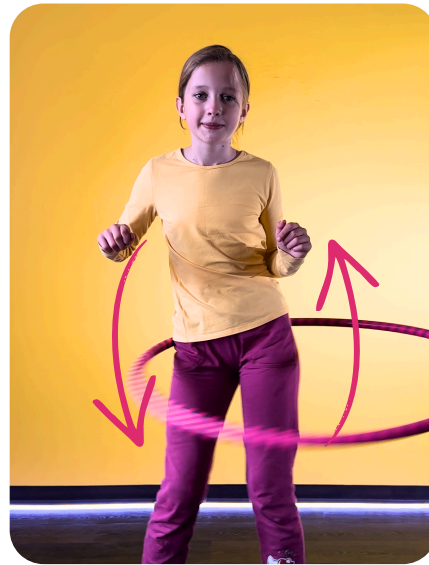
almost all moves in hooping are easier if you turn same way as your hoop is spinning



### » tease

Options:

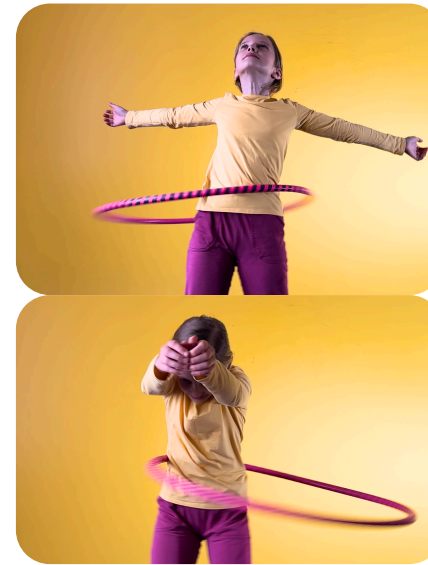
1. pull side up
2. hip circles



# Dance Workout

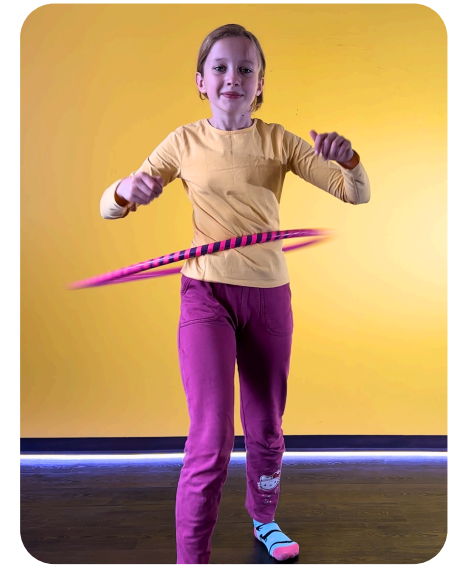
### » mermaid a basic bodywave

mobilises = tension breakdown



### » pump

- learn to control speed of spinning hoop
- increase VO2MAX



# Hula Hottie Module 1

# Dance Workout

## Moves:

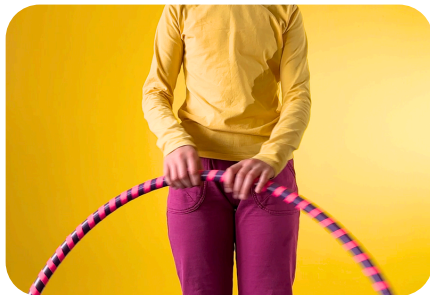


**orbit**



**down**

**- around hips**



**up**

**- around neck or head**



**crystal ball**

**= an active stretch of the anterior chain**

- **strengthens the back**

