

NEWS RELEASE

For more information, contact:

Jodie Littleton
Communications Consultant
Adkins Arboretum
410.490.6930
jlittleton@adkinsarboretum.org



(RIDGELY, MD—May 10, 2018)

Learn the Art of Hoop Dancing June 10 at Adkins Arboretum

Come out of your shell and shimmy! Join a fun afternoon of movement and learning for all skill levels when Adkins Arboretum offers **Introduction to Hoop Dancing** on Sun., June 10.

Professional performance artist Melissa Newman, who performs as Mina Bear, wowed attendees last fall at the Arboretum's Magic in the Meadow gala when she performed with hoops, lights and fire. She returns to lead a group lesson that will introduce waist, knee and shoulder/chest hooping along with technical tricks that combine these movements. The workshop will also include intermediate off-body hoop illusions and crowd-pleasing technical moves. Attendees will leave with a new understanding of the art of hula-hoop dance and the basics of a healthy and active hobby.



The workshop begins at 1 p.m. and is \$30 for members, \$35 for non-members. Advance registration is appreciated at adkinsarboretum.org or by calling 410-634-2847, ext. 0.

###

Adkins Arboretum is a 400-acre native garden and preserve at the headwaters of the Tuckahoe Creek in Caroline County. Open year round, the Arboretum offers educational programs for all ages about nature and gardening. For more information, visit adkinsarboretum.org or call 410-634-2847, ext. 0.

Adkins Arboretum 12610 Eveland Road Ridgely, MD 21620
410.634.2847 www.adkinsarboretum.org info@adkinsarboretum.org