

## Wed Gathering 1/16/08 - Pole Dancing

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This week we will have the opportunity to dance and play on the pole with the lovely Michelle Carnes. the pole will come out at 8pm! Here is what Michelle says about it:

### LET YOUR POLE GOD/DESS COME OUT TO PLAY

WHY: Because pole dancing is sexy, empowering exercise!

WHO: Anyone with an enthusiasm for dance, a willingness to participate/learn, with a supportive spirit (up to 250 lbs)

### WHAT SHOULD I BRING?

\*Comfy, stretchy clothes (yoga pants or booty shorts are great)

\*your camera

\*boas, zills, feathers, glitter, masks, stripper gear (go for it!)

\*a water bottle

\*anything you count on for comfort while active

\*if you have outrageously sexy shoes you love to strut in, bring them for the finale!

\*and bring your inner pole dancer (we know s/he's in there!)

This is for both men and women.

### MORE ABOUT POLE LOT OF FUN PARTIES...

Shared a FUN, positive, safe environment where you can come out and play, have a BLAST and be supported by your friends!

We take you through basic moves on the pole. We start out with simple moves and build on the basics to fluid, beautiful, yet simple routines. At the end of the night, we have a grand finale when everyone gets to put on their own show! YOU pick your moves, your props – EVERYTHING and transform yourself into the god/dess you are!

The evening is totally about FUN! There is no "right" or "wrong" way to experience a pole dancing party. You just have to watch the magic happen as each of you meets the pole. We facilitate the process through a well-orchestrated system that flows smoothly from start to finish so that every partygoer present (whether shy or gregarious) has an empowering, FUN, supportive evening.

We have discovered that many people have a secret longing to be more seductive, more sensual, more empowered and confident at a deep, personal level that translates into every area of their lives. The beauty of a pole dancing party is that it promotes those feelings organically, while laughing, cheering, hooting and hollering in an amazingly supportive environment!

### MORE ABOUT THE POLE DANCE INSTRUCTOR

Michelle Carnes is a professional pole dance instructor with training in ballet, ballroom, lapdancing and stripping. Her anthropology doctoral dissertation is a three-year ethnographic study of black women's parties in Washington DC where women strip for women. She never played a traditional sport and was never a star athlete- she believes that everyone can pole dance, no matter what your background or profession.

I look forward to meeting your diva-licious pole god/desses and see what s/he's got!

More on Wed Sandbox Gatherings [here](#)