

Poi Article 1

La Escuela Del Sol offers vacation packages that include your choice of fire dancing, yoga, Spanish, surfing and scuba certification. See our Surf Retreat page to learn more about our surfing vacation packages or check out our homepage to find out more about our school.

The Delight of Learning Poi Costa Rica

Poi dancing is an ancient art of fire dancing that can be learnt through poi Costa Rica. Costa Rica is a picturesque and culturally rich destination that is a pleasure to visit. Dancing is a major component of the culture in Costa Rica and everyone is bound to be tempted to try out the exciting and exhilarating art form of fire dancing. This unique dance offers a completely different experience. Part of the enjoyment of poi Costa Rica is the ability to learn it while enjoying a view of the luxurious beaches that Costa Rica is well known for. The scenery provides enough inspiration for the experience of a lifetime. The dance is taught in various levels and beginners are taught the basic moves that are involved in poi Costa Rica.

The level of complexity rises as the dancers gradually begin to get the hang of the magical moves that characterize poi Costa Rica. Poi dancing is not as difficult as many people might think. It is an enjoyable dance that can be learnt by anyone in a matter of weeks. Watching professional performers carry out fire poi is amazing and it is even more remarkable to discover that virtually anyone can attempt to learn this mesmerizing skill. While on vacation in beautiful Costa Rica, it is possible to learn the experience of fire dancing and leave this exotic location with a new talent that will intrigue everyone back home.

The art of poi Costa Rica involves the use of a flexible item on which balls are placed and moved around in a variety of circles. In a week's time, the basics of poi dancing can be learnt. A period of 4 weeks is enough to make a person proficient in the art. Fire dancing is a great way to exercise and it is quite thrilling to reach the stage where one is able to pass the poi under the legs or behind the back along with other stunts. The dancing moves have different names such as wraps and flowers that signify the types of patterns involved in the dance. Poi dancing is a fun way to get into shape and learn something interesting during a vacation in Costa Rica. Lessons are widely available and regardless of individual dancing skills (or lack thereof), there is a stage of poi for everyone. A poi lesson in Costa Rica is guaranteed to be a memorable one and it is not an experience that visitors to Costa Rica should dare miss.