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[Pole dance: a very sexy sport](#)

August 26th, 2011 |  Author: [admin](#)

Sports activities that can provide well be and health are numerous. However, if you have a particular penchant for sports air and whirling, opt for the pole is a dance and sport. The origin of this activity dates back to the 1920s to the Canada. It is around the 50 years that this style of dance in fact its entry in bars and cabarets. In the 1970s, the pole dance and the Strip became inseparable. The Pole or the vertical bar became an essential entertainment tool. Mariana Baum, actress, dancer and teacher of theatre is the pioneer of pole dance in France. In 2005, she began to provide courses of pole dance including Club “pole dance paris.” Pole dance is to strengthen and work balance with acrobatic movements on a vertical bar. Unlike prejudice, pole dance is not at all a vulgar practice.

At first glance, pole dance appears to be impressive and reserved for people activity in excellent physical condition. But the pole dance is accessible to the greatest number. Practicing the pole dance in Europe people between 18 and 55 years. The men are few or even absent. Yet the presence of men is not prohibited in this type of course. A pole dance session lasts an average of two hours. After heating, the girls work immediately on the bars. The rate varies from one person to another. Indeed, this adapted following the progress made by each participant. Pole dance to strengthen the muscles of the upper body. It also helps combat disorders , anxiety, or lack of self-confidence.

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