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Poi Spinning FAQ's

What is Poi Spinning?

Poi spinning began as an ancient practice of the Māori people and other Polynesian indigenous cultures. A “poi” is any kind of weight or ball attached to a leash or chain which is then spun around the body; usually, the spinner holds one poi in each hand and practices different “moves.” It is great fun to spin to music! Spinning poi improves muscle strength, coordination, stability, problem-solving skills, concentration, and the ability to self-motivate. It is both challenging and rewarding. Because it exercises both sides of the brain, it is a great “self-regulation” tool, meaning it can both calm and energize the spinner. It is safe, inexpensive, portable, endlessly progressive, and a lot of fun! Poi spinning is a great activity for children and adults alike and can be



adapted for any skill level or lifestyle. It encourages social interaction and can be learned from others and practiced at home. This activity has gained popularity in the past two decades or so, and our community is no exception to this trend! ☀



How Can Poi Spinning be Therapeutic?

Spinning poi is inherently mindful, encouraging a “here and now” orientation. This expressive, movement-based (embodied) modality uses rhythm, bilateral stimulation, sensory feedback, and mindful movement to foster playfulness and self-regulation.

How Do I Make Sock Poi? (It's very easy!)

1. Find a pair of knee-high socks with color and style of your choice.
2. Place something ball-like in each one, guiding it to the toe of the sock. Common items include: hacky-sacks, or homemade sacks of rice (about 1/3 to 1/2 cup). Knee-high nylons make great “sacks” for the rice/lentils/dried beans.
3. Determine proper length before tying holding knots. A poi should not be longer than the spinner's arm. The best way to determine where to tie the knot (for holding the poi) is to hold the sock at the open end and put your arm straight up. Adjust where you hold the poi until the ball-end is hanging between the elbow and the bicep.

A word of caution...

A popular extension of poi spinning involves the use of fire. This activity is for TRAINED PROFESSIONALS ONLY and should NEVER be attempted without supervision from a fire poi safety expert! If you want to see the beautiful effects of your spinning, we recommend looking into some **glow poi or flag poi**! Check out the sites below to find interesting poi of all kinds, as well as tutorials and other fun ideas. Happy Spinning!

Internet Resources (poi spinning specific):

www.therapoi.com

www.flowtoys.com

www.Poipoi.com

www.HomeofPoi.com

www.playpoi.com

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For questions about the benefits of poi spinning, or ideas about how to incorporate poi spinning in your practice, please reach out to:

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