



# TOU TĪRAIRAKA

## SPIN POI WORKSHOPS

BRING THE "JOY OF POI"  
TO YOUR NEXT EVENT!

Poi is a fun and scientifically proven way to keep your mind and body happy.

Poi has the perfect mix of physical and cognitive elements to keep your brain and body engaged.

It's playful. It's rhythmic. It's challenging (yet achievable!).

And it's backed by rigorous scientific evidence: a clinical trial found that after just one month of poi practice, participants improved their grip strength, balance, and attention.

Poi benefits all ages!

**CONTACT US FOR MORE  
INFO**

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About SpinPoi:

SpinPoi is a social enterprise dedicated to improving health and wellbeing through poi. They support individuals and organisations in Aotearoa and across the globe, with a focus on utilising poi to improve quality of life for people of all ages and abilities. Learn more at [www.spinpoi.com](http://www.spinpoi.com).



"I really enjoyed the poi session, it was fun. I was challenged to step out of my comfort zone but once I got that brain, body connection and found a flow it was so meditative. I walked away with a sense of achievement and joy."