WHITE IRIS DANCE

POLE FITNESS &
BELLY DANCE CLASSES
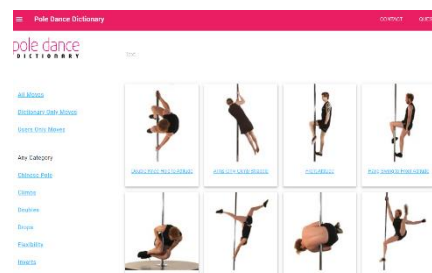
ONLINE POLE DANCE TECHNIQUE RESOURCES
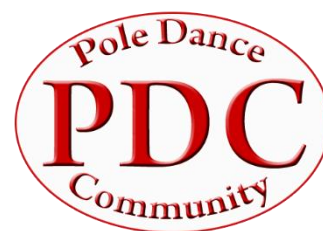
1. POLE DANCE DICTIONARY > LINK

+ Extensive pole element data base
+ Divided by categories and difficulty
+ Includes Doubles and Chinese Pole
+ It is a free of charge

2. POLE DANCE COMMUNITY > LINK

+ Extensive pole element data base
+ Mobile app available (one-time payment)
+ Online grading available
+ Provide courses for instructors

3. POLEARN MOBILE APP > LINK

+ Extensive pole element data base
+ Search and filters available
+ Free and paid options
+ Easy to use