

Reviews for Pole Essentials

"On the whole I really liked it. Great big pat on the back for getting it done, I know how time consuming it is as I was working on a book some time ago"

Deb Riley – UK Pole Dance Academy



"Star your book is fantastic!"

Kay Penney – Pole Passion



I All I can say is WOW!! The pole is attached and I was swinging round it with my fab book right next to me... Star, you're fab. An inspiration and without a doubt a goddess xxxx Faye Griggs – Pole Student

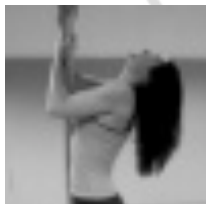
I went through my manual today, its brilliant. This is a fantastic manual for the beginner that can be used right through to the advanced course. It is very informative and illustrated well.

Emma Kennedy – Pole Student



I love you book so much, Im recommending it to all my pole students!

Chloe Isaacs – Pole Angels



Your book is just fabulous, so clear in explanation, you must be so proud of it!
Stephanie Holmes – Pole Student



Pole Essential s is a new pole dancing resource written and compiled by PDC approved instructor Goddess Star Monroe. The book is a great A4 style paperback featuring a catalogue of 100 pages with over 70 moves accompanied by beautiful black and white pictures and guidelines for safe execution of each move. There is also space to write notes next to each move to aid your pole dancing progress. In addition to the moves there are a whole host of resources such as pole dancing websites, quotes from accomplished pole dancers and some inspiring words of wisdom, from GSM herself, to motivate you and inspire you.

The book is described by Goddess as "a reference manual, a pole journal or just as an inspiring reminder that you can achieve anything you deserve" Pole Essentials is the sort of thing that every pole dancer wants to add to their collection of DVD's, grip aids and other pole dancing must-haves. My copy of Pole Essentials arrived in the post and I couldn't wait to open it! It has a sleek black cover and is extremely tactile. Although I have my own copy of the **PDC Syllabus CD-rom** I still wanted the Pole Essentials hand book to add to my plethora of pole dancing items.

The book is ideal for all abilities so you don't have to be a super advanced athlete to benefit from the book. The quotes and notes make the book perfect for a bit of bedtime reading or simply as a coffee table accompaniment. I can also see this book sat on the shelves of many pole dancing studios. I would recommend the book to all and expect to see this item becoming a pole dancing best seller.

Sam Remner – Pole Dance Community



I think its great! The names are different to the standards we use and know, but I like the personalisation of it and how you are promoting women and the benefits of pole to all women. Some of my students will love that you have brought sexy back. I love that you have used your real students/instructors to demo. Great job hunny, we would happily recommend the book
xxxx

Pippa Caesar – Polenastics School.



Really concise and easy to follow steps. Gives you real confidence to tackle each move.
Imogen Poliszczuk – Pole Student



I like the photographs because they are real people. Each chapter takes you step by step and doesn't rush you.

Giovanna Travi-Brown – Pole Student



Functional, hard hitting and simple to follow. Easy to follow pictures and step by step guide. Star is awesome and can get you through any move!
Vivien Hickmott – Pole Student



Great guide to follow and refer to. The photos really help with positioning. The notes also help with remembering moves that are difficult or challenging. This is my “pole bible” which I cherish.
Paula Howe – Pole Student

As a beginner I find this a fab book, it helps break down all the moves and works with you as you progress.
Roberta Giocondi – Pole Student



Beautiful pictures, gorgeous layout, fabulous instructions.
Tracey Page – Pole Student



Concise, easy to follow instructions with fantastic photos.
Theresa Connolly

Easy, funny, useful – just perfect!!
Andrea Nagy

Easy to follow instructions with beautiful pictures of pole princesses.
Laura Hindle

Love, LOVE, LOVE this book – done to perfection and really compliments building my performance on the pole.
Felicity Henty



It is really great, helpful and inspiring. I love that I can add my own notes for each move.
Daisy Negus

