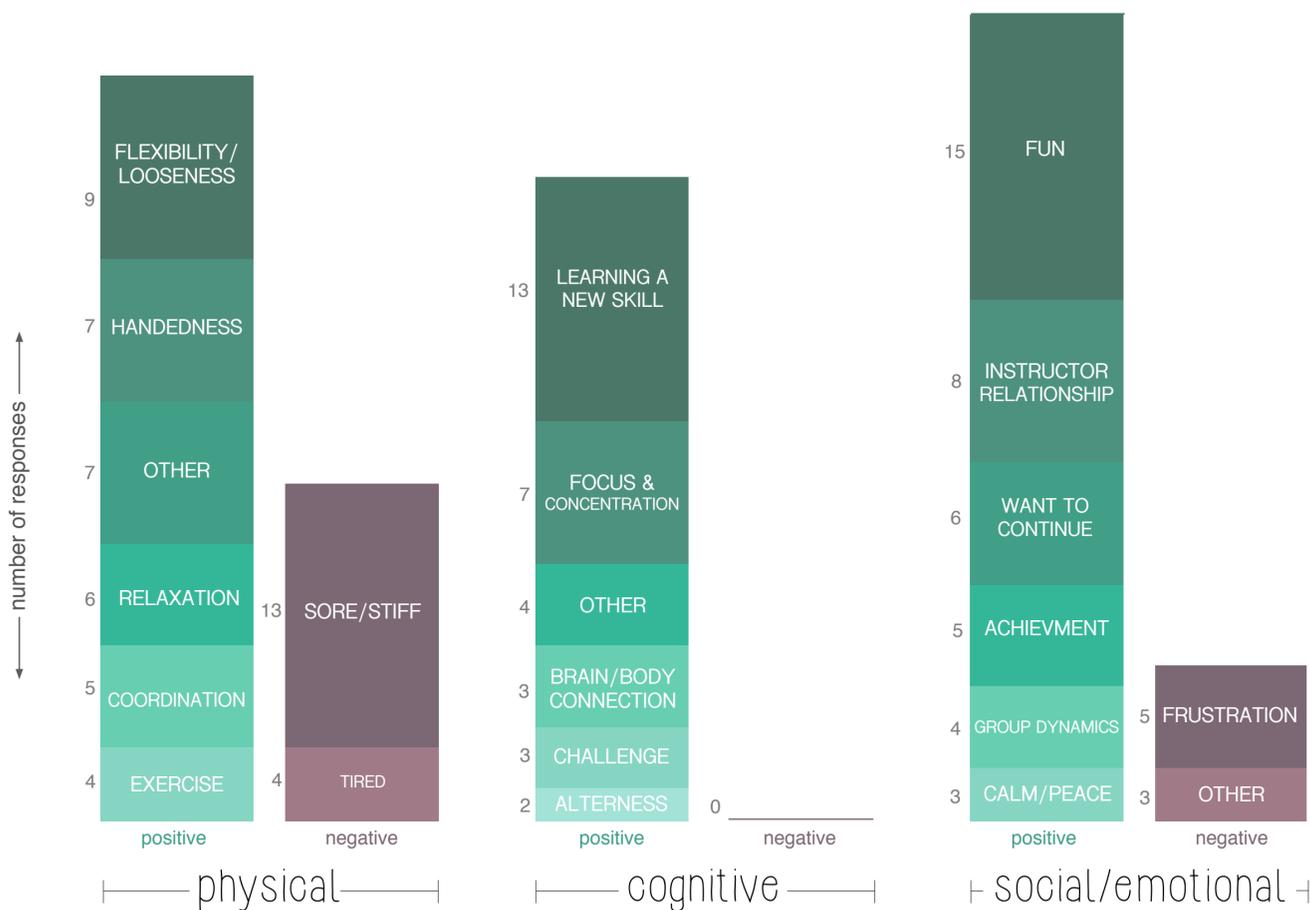


# International Poi Qualitative Analysis

Data was gathered from responses to the following questions, which were asked after one month of poi lessons:

1. Did you experience any negative effects which seemed to be caused by practicing poi? If so, please explain.
2. Did you experience any positive effects which seemed to be caused by practicing poi? If so, please explain.
3. Is there anything else you would like to share about your experience?



## Selected Quotes

### physical

FLEXIBILITY / LOOSENESS	<ul style="list-style-type: none"> <li>"Doing poi seems to loosen up the stiffness in my back, shoulders, and neck"</li> <li>"I think my flexibility in my wrist has improved"</li> </ul>
HANDEDNESS	<ul style="list-style-type: none"> <li>"I have gained strength and direction in my left hand and arm which I noticed when sawing through a heavy tree branch"</li> <li>"Made me more aware of using my left hand, now try to do more with my it like making a coffee, opening fridge door"</li> </ul>
OTHER <small>(muscle tone, sleep, posture, balance, weight loss, peripheral vision, shaking hand)</small>	<ul style="list-style-type: none"> <li>"I think spinning poi is improving my peripheral vision and balance"</li> <li>"Upper arms firming up"</li> </ul>
RELAXATION	<ul style="list-style-type: none"> <li>"Generally relaxed after a lesson"</li> <li>"Even though I am concentrating on what I am trying to achieve with each move, I find it quite relaxing"</li> </ul>
COORDINATION	<ul style="list-style-type: none"> <li>"I am positive that my coordination has improved since starting"</li> <li>"Poi is a gentle way at regaining some more coordination"</li> </ul>
EXERCISE	<ul style="list-style-type: none"> <li>"Good exercise, good to feel the muscles working"</li> <li>"I love using my body for gentle exercise and this was an excellent class to do so"</li> </ul>
SORE / STIFF	<ul style="list-style-type: none"> <li>"I had a slightly sore right shoulder after one session"</li> <li>"One day was followed by a small amount of muscle stiffness but I had been holding my arms with a lot of tension"</li> </ul>
TIED	<ul style="list-style-type: none"> <li>"At first my arms were tired after the 2nd session. But this went away with further sessions"</li> <li>"Legs and sometimes back tired"</li> </ul>

### cognitive

LEARNING A NEW SKILL	<ul style="list-style-type: none"> <li>"Learning something new at this stage - age ie - has been a very good experience for me"</li> <li>"Feel pleased to tackle something new and learn new skills"</li> </ul>
FOCUS & CONCENTRATION	<ul style="list-style-type: none"> <li>"Improved concentration"</li> <li>"Focusing better"</li> </ul>
OTHER <small>(multi-tasking, confidence in brain, memory, cleared headspace)</small>	<ul style="list-style-type: none"> <li>"I feel that my memory has improved and possibly multitasking as well"</li> <li>"Very beneficial left and right brain practice"</li> </ul>
BRAIN / BODY CONNECTION	<ul style="list-style-type: none"> <li>"It is a connective experience of brain and body to coordinate which is beneficial"</li> <li>"Must surely be good for my brain with the split time movements and crossing the midline"</li> </ul>
CHALLENGE	<ul style="list-style-type: none"> <li>"Enjoyed the challenge"</li> <li>"It was challenging and I did feel myself improving in some moves which I thought I'd never ever be able to do"</li> </ul>
ALERTNESS	<ul style="list-style-type: none"> <li>"Brain was more alert for a few hours afterwards"</li> <li>"I certainly feel more alert and confident in my brain power"</li> </ul>

### social/emotional

FUN & ENJOYMENT	<ul style="list-style-type: none"> <li>"Very fun and enjoyable"</li> <li>"I get a sense of enjoyment from swinging my poi"</li> </ul>
INSTRUCTOR RELATIONSHIP	<ul style="list-style-type: none"> <li>"Working with Kate has been a joy"</li> <li>"Kate is a great leader, her passion for poi is infectious"</li> </ul>
WANT TO CONTINUE	<ul style="list-style-type: none"> <li>"I appreciate the opportunity to learn poi and will continue to practice when the classes have finished"</li> <li>"I'd very much like to keep going"</li> </ul>
ACHIEVEMENT	<ul style="list-style-type: none"> <li>"Felt sense of achievement"</li> <li>"I have a sense of accomplishment"</li> </ul>
GROUP DYNAMICS	<ul style="list-style-type: none"> <li>"Have enjoyed being part of the group"</li> <li>"Knowing that we are all similar in our way of thinking about aging"</li> </ul>
CALM & PEACE	<ul style="list-style-type: none"> <li>"There is quite an element of peacefulness about the experience of doing poi in synch"</li> <li>"Almost like a meditation"</li> </ul>
FRUSTRATION	<ul style="list-style-type: none"> <li>"A sense of frustration of not being able to master something new which looked to simple"</li> <li>"Had a lot of frustration when I realized my incompetence using the left hand"</li> </ul>
OTHER <small>(stressed, annoyed, worried)</small>	<ul style="list-style-type: none"> <li>"A little bit of stress trying to get it right, but a sense of joy when achieved"</li> <li>"Felt very uncoordinated and worried whether that would pass - it did"</li> </ul>