



body + soul

# Pole Position



Story Judd Haggarth & Vanessa Henderson

Images courtesy of *White Stripes*,  
[www.whitestripes.com](http://www.whitestripes.com)

Snake dive and pole dancing... now that we have your attention let's get down to business. Pole dancing is the hot new fitness craze designed to get you tight and toned while boosting confidence and giving us all an excuse to get a little sassy in the bedroom... or lounge room, or kitchen or laundry.... However, having said that, loosing your inhibitions while gyrating up and down a silver steel pole, may seem a little daunting. But you can take yourself as seriously or as light heartedly as you want, you set the tone and the mood is fun, frivolous and above all else, it's totally confidential. Celebrities around the world are doing it, so we decided to pay Perth's first pole dancing studio a visit to find out what all the fuss was about.



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You know a story is going to be good when you're presented with a g-string upon arrival and a pretty damn sexy demonstration on how to remove it.

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