

Cambridge University Union Society offers pole dancing lessons for female students to relieve stress

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B2M Productions/GettyCambridge University student society offers pole dancing lessons for female students to relieve stress.

Newest way to beat stress at high-pressure [Cambridge University](#)? Pole dancing

lessons.

For the first time, [Cambridge](#) students in the throes of rigorous final exams will be offered the saucy, sensual sessions, according to the [Cambridge Union Society](#) as reported in the [Daily Telegraph](#). No previous experience is necessary, and the “pole-fitness” sessions are advertised for women only.

The Union, a student society at Cambridge, already features weekly Pilates and yoga classes.

[Juan de Francisco](#), who arranged the classes, said they could be controversial but were meant as “harmless fun.”

“The classes are for fitness and well being and are not intended to be sexual,” he told the Daily Telegraph. “High heels are actually discouraged – the instructor has told me that attendees should wear trainers or go barefoot.”

Pole dancing may be an effective strategy for those hoping to reduce their stress levels, says [Debbie Mandel](#), author of “Addicted to Stress.”

“Pole dancing is a form of uninhibited self-

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expression which releases suppressed emotions the way belly dancing has done for over 5,000 years," she says.

"When you get good at pole dancing, you feel accomplished and more empowered. And when there is novelty with exercise, the positive effect is even more powerful for the mind and body."

The strip club mainstay, which combines sensual moves with rigorous athletics, may one day be headed to the Olympics. A group of pole dance advocates headed by [KT Coates](#), a prominent pole dancer in [England](#), is hoping for a "test" pole dancing event at the [2012 Olympics](#), according to the [Associated Press](#).

"After a great deal of feedback from the pole-dance community, many of us have decided that it's about time pole fitness is recognized as a competitive sport, and what better way for recognition than to be part of the 2012 Olympics held in [London](#)," Coates said in a petition for the organizers of the London Olympics, according to the Associated Press.

[U.S. Pole Dance Federation](#) co-founder [Wendy Traskos](#) noted that the idea of pole dancers competing for medals at the

Olympics isn't as farfetched as it once was.

"Now, when you talk about (pole dancing) you don't hear 'like a stripper' anymore," Traskos said. "You hear things like, 'Oh, my friend takes classes for fitness' or 'Yes, I've seen it on [Oprah](#).' "

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