

OVER THE MOON YOGA AND DANCE STUDIO

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IMPORTANT DATES FOR TERM 1, 2010

- ❖ Term 1 begins Monday 1st of February, 2010
- ❖ The last classes for Term 1 are on Saturday 27th March

PLEASE NOTE

Fees are due on or before Monday 25th January

**If classes for 2010 have not been confirmed,
it is important that parents do that now**

Dear OTM Families,

I'd like to thank you all for your participation in such a beautiful night at our picnic and lantern walk at the end of the year. I would especially like to thank our own ethnic orchestra, CVIDO (Central Victorian International Dance Orchestra).

The teachers and I have had some fun listening to music and planning the coming year of yoga and dance. There seems to be an endless supply of ideas, which the students will no doubt expand upon as they usually do.

In order to keep life simple it would be great if you could take a moment to read the following requests. Please feel free to contact me by phone or e-mail if there is anything you are unsure of.

Confirmation of places in class

If you have not confirmed your child's place in classes this coming term, please do this ASAP. Please note that fees are due on or before 25th of January – see invoice also attached to this email.

Computer Crisis

For two weeks during the holidays Edna's tired old computer became severely ill and had to go to hospital for major surgery. It has made a complete recovery, however while it was indisposed it refused to receive emails and if you sent an email and haven't received a reply from OTM please try again now.

Dress Code for Classes

Students need to wear appropriate dancewear - such as leotards, leggings. Track pants and t-shirts are fine though jeans are not. Hair needs to be tied back off the face – stretchy black headbands are excellent.

Importantly, students need to have clean feet and clothes. If they are coming after school and likely to have dirty clothes some spare dancewear in the schoolbag may be a good strategy.

Dancewear (including ballet shoes) is available at a dance shop - Dance Your Way 113 High St., Kangaroo Flat. Ph.54474988. Castlemaine Target also sells dancewear.

After School Classes

When students come as a gang, straight from school they can get a little hyped up. (We all do when we are with our friends; well I do anyway!!)

It's important that one or more parents are supervising children before class.

They need to have something to eat and drink.

We don't mind if they have a bit of a run around but again, an adult needs to be supervising.

Focus

Depending on the age of the class we nearly always begin with a centring activity. With the teenagers we usually begin with Yoga and with the younger students we do design followed by yoga. We have found over many years that this enhances the quality of whatever activity we follow with.

There is an expectation that students are fully present once they walk into the studio space. It is an integral aspect of the culture of the school and it is a fantastic life skill.

Whilst the ballet and contemporary technique classes don't formalise this, there is still an expectation of mindfulness during the warm-up.

Even though students will experience the class with their friends, there is very little opportunity to engage on a personal level. The classes really are about the experience of sharing yoga and dance.

Adults Classes

The first week of Adult's creative dance classes begins on Thursday 4th of February at 11.30am.

Adult Ballet classes are on Saturday mornings from 8.30am to 9.30pm...start your weekend with stress free and enjoyable exercise ... didn't you always want to be a ballerina? ... or premier dancer?

The Adult's contemporary dance classes begin on Monday 1st February at 10.30am.

Adults international dance class is an ongoing class on Fridays at 5.30 until 7pm.

The cost for Term 1 Adult classes is \$120

All adult's classes require enrolment.

Ring Edna or email Robin (see below)

Please feel free to email Edna overthemoondance@bigpond.com or ring 54 705061 for any queries regarding your child's classes.

Email Robyn admin@overthemoonstudio.com for queries about your invoice.

We are looking forward to another year of yoga, dance and music.
Best wishes for the coming year,

♥♥ Edna ♥♥