



OVER THE MOON YOGA AND DANCE STUDIO

14th January 2011

Dear Families,

the dates for term 1 at OTM are Monday *7th February until Saturday 9th April*.

We are looking forward to coming back for another year of yoga, dance and great music.

Aaah, heaven!

Please read these important notes below.

I've kept it as short as possible **and changed the colours** so nobody gets BoReD.

Keeping children safe:

It is very important that adults take note of when classes begin and end. Teachers cannot take responsibility for students beyond class times. If you are dropping children off before a class begins it is important to make sure that care is assigned to a responsible adult. Note that the creek is up much higher than usual and that there are many cars coming in and out of the little dirt road.

Focus:

Depending on the age range 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 it 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 little opportunity to engage on a personal level. The classes are about the experience of sharing yoga and dance.

Dress code for classes: Students need to have clean feet and clothing

Comfortable stretchy clothing such as leggings, track pants, leotards, shorts and t shirts are ideal. Jeans and belts don't work. Hair needs to be tied back off the face – stretchy headbands are excellent. If students are coming after school and likely to have dirty clothes some spare dancewear in the schoolbag is a good strategy.

In term 3, for our annual performance, school aged children are often asked to purchase: black leggings and t shirt for boys and black sleeveless leotard and leggings for girls. These are available at Target in Castlemaine.

If there is a parent out there who would like to be a contact person for a dancewear swap let me know and I will pass their contact details on.

2010 picnic and lantern walk:

Thank you to the wonderful musicians (Team Henderson, James Rigby, Saul Roche, Wendy Rowlands, Danny Silver and Jane Thompson) and dancers (too numerous to mention) who made our end of year celebration so ... well ... celebratory. The earth moved for me. I hope it did for you also.

All the best for a great year.

Edna

Principal: Edna Reinhardt

PO Box 64, Castlemaine 3450

T: 03 54 705061

E: overthemoondance@bigpond.com

W: www.overthemoonstudio.com

ABN 92 359 016 673