

Kindness. Individuality. Passion.

@NCdanceandfitness



North Cornwall Dance and Fitness

Issue 2 02/05/2024

Summer Workshops & Retreats

I'm excited to announce that planning is underway for the Mind & Movement **wellbeing days and weekend retreats**, as well as **performing arts workshops** for children and teens. If you'd like **more information** about these or want to **register interest** you can check out the **"Events"** page on the website.

Free Class For Your Mental Health

Since starting this business I've been an advocate for increasing wellbeing through dance and movement, inspired by the mental health benefits I've personally experienced. Research shows that participation in dance, yoga, or pilates can reduce symptoms of depression, anxiety, stress, and fatigue. To share these benefits I'm offering you a **free class!** Trying something new can be daunting but I highly encourage you to step out of your comfort zone and give it a go, you might discover a new passion.

Redacted (for subscribers only)

The code booking a single class online, for a 100% discount.

(Must be a class you have not attended before, can apply to contemporary dance, dance cardio or wellness warriors. No experience necessary for any class. Offer expires May 24th 2024)

Coming up next

In late May/early June, I will be in Sweden again for my MA studies, all term dates are scheduled accordingly, available to view on the website calendar.

When I'm back I have a very exciting project to share with you all that involves a bespoke wedding dance! If you're interested in custom dance or wellness services such as parties, workshops, wedding & competition dances and 1-2-1 tuition you can check out the **"Bespoke"** page on the website.

Special Shoutouts!

Congratulations to the following people who have won themselves some NCDF merch!



Anna - Brings a calm, friendly energy to the space and always pushes herself during wellness warriors - it doesn't go unnoticed!



Kathy - Throws herself into every dance and always has a good giggle with other dancers.



Jane - Jane has personally inspired me, she embraces movement in many forms, this week not only did Jane complete the Bodmin marathon, but she still came to class the next day!