

Kindness. Individuality. Passion.

@NCdanceandfitness

# News Letter

North Cornwall Dance and Fitness

Issue 3 28/08/2024

## Price Change

Because of the rising cost of living and my increased experience and knowledge gained from teaching and studying over the past year, I have made the choice to raise prices slightly to align with these changes.

**Termly bookings** will now work out at £7.50 per session, a six week term for example, would be £45.

**Monthly rolling membership** will now work out as £9 per session and be priced at £36 per month, giving you flexible access to any 4 classes in that month.

**Pay-As-You-Go** passes will now be charged at £12 per session.

If this change affects your ability to attend please drop me a private message.

## Accomplishments

I am proud to say that the custom wedding dance I choreographed for the couple featured in the image above - as a surprise for their guests - was a hit! If you know anyone who may want a bespoke first dance, surprise flash mob or hen/stag dance experience, please share my website with them as I am now taking new clients.

I have also complete my Mental Health First Aid & Advocacy course over the summer, to add to my relevant qualifications. As you know, improving wellbeing is at the heart of all my classes and I strive to help people in many different ways. If you are facing any mental health challenges and require guidance, resources, or simply a friendly conversation, please don't hesitate to contact me.

## Coming up next

There will be a venue change for the Thursday night groups from 19/09/24, and more yoga workshops on the beach, and in Bodmin (dates tbc).

Thank you for your continued support and patience while I keep working thing out, see you in class.

## Special Shoutouts!

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



**Rachel** - Has thrown herself into both dance and wellness warriors, and is fantastic at taking onboard feedback and growing from it.

Impresses me every week!



**Kate** - Shows up consistently for herself and is making noticeable progress with her balance and strength.



**Hebe** - Brings high-spirited energy every week (even when it's just her), is never afraid to ask questions, and proudly shares her achievements with friends and family.