



MCA
DANCE STUDIO

APRIL 2019 NEWSLETTER

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*"I don't sing
because I'm
happy.
I'm happy
because I sing"*
William James



TERM 1 - VOICE & DRAMA

It's been a great start to the new year on our new premises and with the addition of our NEW Voice and Drama classes which have been popular. Aaron has thoroughly enjoyed teaching all the children and it's great to see our students gaining more and more confidence every week.

Term 1

We have worked on Drama Basics, Confidence Building and Independent learning through Group Improvisation.

Term 2:

We will work on the Foundations of Improvisation and Scene Building, Group Improv Work, Imagination Building and we will solidify all the Drama Basics so that they are solid for Term 3.

Class Times:

Year 1-3: 4-5pm

Year 4-6: 5-6pm



*“ We must all do
Theatre, to find out
who we are, and to
discover who we could
become ...”*

Augusto Boal

REFER A FRIEND:

Receive a 10% discount on your Term Fees when you refer a new student to the Studio.

Remember their 1st class is FREE and you get a 10% discount for the term!



TERM 1 - DANCING

Term 1

This term we have been focusing on improvisation and creating an open mindset on movement quality. The Improvisation has been based around the style of Contemporary and Lyrical, helping the girls to have a deeper understanding on dance and performance while still having fun. Working in small and big groups, for team building exercising for better communication, and to be more open and confident with themselves. Coming to the end of Term we have started creating one of there group dances for the end of year performance.

Term 2

Term two will start with more improvisation, and this time will be focusing on the style of Jazz. The term will still focus on team building, and by the end of the term we will start to learn their second group dance for the end of year performance.

Class times:

Year 1-3: 5-6pm

Year 4-6: 6-7pm

*“Life
isn't about
waiting for the
storm to pass.
It's learning to
DANCE
in the rain”*

Breathe

EXPRESSIONS OF INTEREST

As a mum and business owner, I've observed how much we invest in our children and their well-being but we often invest little time in ourselves

There is a window of opportunity at MCA Dance with room to incorporate a class for us mums and dads whilst the children are attending their classes.

If there is enough interest from you, I would like to investigate trialling an Adult Yoga class between 4-5pm in the main hall.

Classes will be \$20 pp BYO Yoga Mat.

The benefit of this is making use of your time waiting around for the kids! Yoga is low impact and can also lower blood pressure and reduce insomnia. Other physical benefits of yoga include: increased flexibility, increased muscle strength and tone.



PLEASE NOTE:

Term 2 will commence **9th May** due to Jason and I both being away. Term 2 Invoices will be emailed next week reflecting the shorter term.



If you are interested in any classes for 2019, please get in touch!

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or

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