

Adult Ballet Class

COME AND JOIN MISS LAURA (A QUALIFIED ROYAL ACADEMY OF DANCE BALLET TEACHER WITH OVER 20 YEARS EXPERIENCE)FOR THIS MIXED ABILITY ADULT BALLET CLASS. THIS BALLET CLASS WILL HELP TO IMPROVE YOUR FLEXIBILITY AND POSTURE, HAVE A POSITIVE IMPACT ON YOUR MENTAL HEALTH AND GENERAL WELL BEING, IMPROVE ENERGY LEVELS AND IS THE PERFECT WAY TO KEEP FIT AND SOCIALISE, ALL IN A SAFE, RELAXED AND CARING ENVIRONMENT. IT DOESN'T MATTER IF YOU HAVE HAD NO PREVIOUS DANCE TRAINING OR ARE RE VISITING AN OLD PASSION, WE WILL BUILD YOUR UNDERSTANDING OF THE FUNDAMENTAL BALLET TECHNIQUES AT A STEADY AND PROGRESSIVE PACE. WE CAN'T WAIT TO WELCOME YOU TO OUR DANCE FAMILY...



**TUESDAYS @ BOWDON
PARISH CENTRE 8.30-9.30PM**

**Contact Laura on
07986143270/laschoolofdance@icloud.com to enroll**

