



The Online Dance Program™

*A Journey of Transformation
Dance Teachers, Dance Parents, Choreographers*

Class Topics

Creating a Conscious Relationship (August 22nd)

Learn to better the relationship between you, your clients, and your children through an empowering questions process.

Communication Station and Decision Making Process (August 29th)

Learn ways to communicate effectively and efficiently and a communication formula that can be used with anyone, anytime.

Anxiety Busters (September 5th)

Learn the truth about “anxiety” and simple, efficient tools to help you and others navigate it.

Fueling Your Life (September 12th)

Learn exactly what your body needs, mentally, physically, emotionally, spiritually, and energetically.

Confidence Boosters (September 19th)

Identify confidence, confidence boosters, and how to build it. Discover what confidence means to you. Find the essential confidence boosters that you need to elevate your self-esteem, self love, and life’s path. Learn ways to build the confidence in yourself and your life’s passion.

Ways to Heal the Body and Injuries (Body Image) (September 26th)

Learn about the current dance injuries that dancers face and ways to heal them. Learn the truth about today’s dance industry and learn ways to decrease injuries mentally, physically, spiritually, and emotionally.

Time and Money (October 3rd)

Learn how to invest wisely in the dance industry. Understand your relationship with time and money. Create a conscious relationship with time and money. Break through barriers that you have with time and money.

To sign up and for more information:

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