



OM Performance Term!

What you NEED to know about Term 2 OM

TERM 2 Dates:

9 week term Tues 7.30pm April 25 - June 27

Performance Sat 10th June, long weekend in June

Rest week Tues 13th June - (No Class).

COST: is \$172 for the 9 week BLOCK or \$22 Casual

DATES + COMMITMENT:

Weekly Tues class 7.30pm + and some extra run throughs TBA

Sat 10th June at the CHEC (times TBC)

It's our time when we grace the stage, bring the house down and share our vibrant energy on stage.

We have an opportunity (or 2) to perform and share the magic of OM (Open Movement).

This will be a feature in the local Coffs Eist at the CHEC - June long weekend Sat 10 / Sun 11 of June (we will only be needed for one day).

It's 7 weeks until this - so we will add in a couple of extra rehearsals in (TBA).

We will re-work, re-visit and reconnect to the energy and fire of our Salsa Queens routine.

If you were in it last year - then I'd love to have you back!

If you'd like to learn it and be involved, **then I'd love to have you in!**

We will workshop all the choreography in Tues OM (as well as our movement medicine sessions).

We have plenty of video to support and even have the choreography written out!

PLUS a beautiful bunch of women here to support, help and practise with.



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We've also been invited to a performance showcase **SEPT 9** and please keep **SEPT 23** free if you can (more deets coming!).

This is our chance to shine that bright OM energy and bring it to a broader audience (the world needs to remember to dance!)...

And if we can inspire just one person to move their body... **then that's a win!**

I always look at these opportunities as an uplevel of sorts ... "If I can do this, then I can do anything!"

And as we work these opportunities into our lives, we may notice a shift in energy, in our thoughts about ourselves, a gain in confidence and just feeling a little more 'sparkly' of sorts!

This is about cultivating + shining our light.
I speak to this a lot in our OM class.

I firmly believe it's where it's at.

I firmly believe in you and would love to have you involved in our OM performance.

Salsa QUEENS unite!

What I need from you:

A commitment of time / energy and money where possible to be at all of our classes over the next couple of months.

9 week term \$172 (Tues PLUS 2 extra rehearsal days (TBC).

Of course you can still come casually to class if Performance is not your thing!

Extra good news is we have video's to practise and rehearse with also!

Go to rebeccarossasacredbiz.com/aom to book in for TERM 2.

And please shoot me through any questions you may have!

Loads of Love ♥ B x