

April Shabbat & Dance Fellowship dance classes

Theme "You will bring them in and plant them..." Exodus 15:17a CJB

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Beginner/ Intermediate/ Advanced	4/7/18 12:45 pm	Carol O.	Shavuot Dance class "Fall Upon Us Now" Presentation Sunday May 20 at 9 am
Dance Fellowship	4/7/18 4:15 pm to 6:00 pm	Carol O. and Cecily K.	Open Dance, all dance levels
Beginner/ Intermediate/ Advanced - Pick Teams	4/14/18 - 12:45 pm	Carol O./dance leaders.	Shavuot Dance/ 21 st Anniversary dance "Miqedem: "Odeka Ki Antitani" Presentations both services May 19
Beginner/ Intermediate/ Advanced	4/21/18 - 12:45 pm	Carol O./dance leaders	Shavuot Dance/ 21 st Anniversary dance
Beginner/ Intermediate/ Advanced	4/28/18 12:45 pm	Carol O./dance leaders	Shavuot Dance/ 21 st Anniversary dance

Strengthening exercises: Hip strengthening and stabilizing - sideways steps

Beginner: A dance level that can be picked up after 15 to 30 minutes and may only require a few minutes of practice outside of class time.

Intermediate: A dance level that assumes basic knowledge of dance steps (Yemenites, Miserlus, etc) and basic sequences and contains minimal direction changes, It usually requires some practice outside of class.

Advanced: A dance level that requires teaching, a wide knowledge of different dance sequences, a variety of direction changes and practice outside of class along with further reviews.

Please see Carol Olsen if you have any questions or you may contact her via the contact form on the Rehoboth Messianic Website

"Let them praise His name with dancing..." Psalm 149:3

April Erev Shabbat Dance Classes

Theme: " I will lie down and sleep in peace; for, Adonai, you alone make me live securely. Psalm 4:9 (8): CJB

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
NO CLASS	Friday April 6		NO CLASS
NO CLASS	Friday April 13		NO CLASS
NO CLASS	Friday April 20		NO CLASS
Interchangeable dance steps, full worship dances	Friday March 27; 6:00 pm	Carol O.	Teacher's pick

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Intermediate: A dance level that assumes basic knowledge of dance steps (Yemenites, Miserlus, etc) and basic sequences and contains minimal direction changes, It usually requires some practice outside of class.

Advanced: A dance level that requires teaching, a wide knowledge of different dance sequences, a variety of direction changes and practice outside of class along with further reviews.

Service: These are dances typically done in a worship service at Rehoboth. They can be at all levels.

Please see Carol Olsen, Dance Shammash, if you have any questions or you may contact her via the contact form on the Rehoboth Messianic Website

"Let them praise His name with dancing..." Psalm 149:3