

August Shabbat dance classes

Theme: " Be glad in ADONAI; rejoice, you righteous! Shout for joy, all you upright in heart!" Tehillim (Psa) 32:11 CJB

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Holiday Dance class	8/4/18 - 12:45 pm	Cecily K.	Rosh Hashanah Dance: "Avinu Malcheinul" {Our Father Our King} [Silverman] Presentation September 9, 2018.
Holiday Dance classes	8/11/18 - 12:45 pm	Carol O.	Sukkot Dance: "Dancing in the New Jerusalem" [Iantorno] Presentation September 29, 2018. Rosh Hashanah Dance
Holiday Dance classes	8/18/18 12:45 pm	Andi L./ Cecily K./	Simchat Torah Dance: "Yeshlanu Tora" {There is to us Torah }[Settel] Presentation October 1?, 2018. Rosh Hashanah & Sukkot Dances
Optional Holiday dance practice	8/24/18 5:45 pm	Carol O.	Optional practice for any of the three holiday dances
Holiday Dance practices	8/25/18 12:45 pm	Dance leadership team	Rosh Hashanah, Sukkot Dances & Simchat Torah Dances

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.

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

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

August Erev Shabbat (Optional)

Holiday practice

Theme: "The heavens declare the glory of God, the dome of the sky speaks the work of his hands. Psalm 19:1 CJB

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
NO CLASS	Friday August 3		NO CLASS
NO CLASS	Friday August 10		NO CLASS
NO CLASS	Friday August 17		NO CLASS
Any of three holiday dances	Friday August 24 5:45 pm	Carol O.	Optional practice of three holiday dances

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, 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