

June Shabbat dance classes

Theme: "May ADONAI bless you from Tziyon! May you see Yerushalayim prosper all the days of your life" Tehillim (Psalm) 128:5

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Advanced class	6/2/18 12:45 pm	Cecily K.	Rachamim (Mercy)
Dance Fellowship	6/2/18 4:15 pm to 6:00 pm	Andi L.	Open Dance, all dance levels
Intermediate class	6/9/18 - 12:45 pm	Carol O.	Picnic Dance "I will call" [Cohen] Presentation July 21, 2018.
Picnic dance practice / Beginner	6/16/18 - 12:45 pm	Carol O..	"I will call" / Time permitting Balada Lamayan (Song to a Spring)
Picnic dance practice / Beginner	6/23/18 12:45 pm	Carol O.	"I will call" / Time permitting Balada Lamayan

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.

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

Note: No June Erev Shabbat (Friday night) Dance Classes

Note: No July Erev Shabbat (Friday night) Dance Classes

Note: No August Erev Shabbat (Friday night) Dance Classes

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