

## **MOVE ~ DANCE ~ STRETCH ~ SHAPE**

Welcome to online classes through Skype: Joanna-7-7-7

IF YOU ARE JOINING FOR THE FIRST TIME, PLEASE BE 15 MIN EARLIER, SO WE HAVE TIME TO ADD YOU TO SKYPE, GROUP AND SOLVE ANY TECHNICAL CHALLENGES ...

### **Schedule:**

**Mondays 19:00 – 20:15** (European Time 7p.m.) – **Modern jazz dance** – middle advanced (floor moves for little space and dynamic balance, stability included!) + guided visualization after the class every time

**Tuesdays 19:00 – 20: 00 - Jazzy class with elements of African and Latino dances** - for beginners and advanced beginners – expect lots of isolation, hips work and fluidity

**20:10 – Guided visualization & Meditation – half an hour**

**Wednesdays 19:00 – Body shaping and stretching** – we work with our inner muscles combined with stretching and working on extensions in the body

**20:10 – Guided visualization & Meditation – half an hour**

Subscribe to my channel and get a private access to the recorded classes:

<https://www.youtube.com/c/JoannaPilatowicz>

Have an idea, suggestion? Please tell me about it. [joanna.pilatowicz@gmail.com](mailto:joanna.pilatowicz@gmail.com)

Due to our new world challenge, the idea of online classes is to connect, move and feel well.

I offer two options for the payment: you can pay either weekly (with the possibility of choosing the number of classes you join every week) or monthly (the number of classes/week is fixed). In the latter case (monthly payment), I offer a discount.

The prices are the following:

- 1 class/week: (weekly: 5EUR/week OR monthly: 20 EUR/month)
- 2 classes/week: (weekly: 8EUR/week OR monthly: 30 EUR/month)
- 3 or more classes/week (weekly: 10EUR/week OR monthly: 35 EUR/month)

If you are currently a student of Nostos Tanzwerkstatt in Heidelberg, Monday and Wednesday dancing classes are in the price you are paying to the school.

If you would like to sign up to the dance school in Heidelberg, please contact Christina Liakopoyloy through her website: <https://www.nostos-tanztheater.org/kontakt-impressum>

Telefon: 0177 8440844

E-Mail: [info@nostos-tanztheater.org](mailto:info@nostos-tanztheater.org)

An hour with Joanna per day, will keep you sane ;)