

Dance Class Descriptions:

African Dance: An aerobics class wrapped in traditional and contemporary African dance forms.

Ballet & Latin American: Classic Latin-American dance fusion, teaching you the latest duo moves.

Bay-Syxx Street Dance: Commercial Street Dance, incorporating the latest Hip-Hop and R'n'B tracks.

Belly Dance: A graceful, sensuous Middle Eastern dance. Works the whole body.

Bollywood Grooves: Modern Indian Dance, Indian cinema-influenced. This includes Indian, Arabic, Latin, Street-styled choreography.

Breakdance: Started State-side by African American kids in New York's South Bronx. Derived from Hip-Hop for all levels.

Burlesque/Striptease: Bit of strip, no nudity! Modesty maintained, knowledge gained.

Cheer Fit: drop-in classes aimed at all levels of fitness, so whether you want to have some fun and get cheerleader-fit!

Classical Ballet: In most styles, producing grace, form, posture, fitness, strength, co-ordination, artistic impression and cardiovascular excellence.

Commercial Dance: Combining MTV's latest up and coming commercial moves giving you that video clip experience!

Commercial Funk: Ever wondered how Pussy Cat Dolls, Beyonce and Brney look so HOT when they dance? This is your answer!

Contemporary African: A fusion of African and Contemporary dance styles.

Contemporary: incorporating various elements of Graham, Cunningham and Limon techniques as well as Yoga and Pilates.

Contemporary Boogie Jazz: Using a variety of tempos, rhythms and movement.

Contemporary Jazz: A funky lyrical contemporary jazz style class. Opens the pores, motivates the stamina and tones the body.

Diverse Street: You will learn a different style each week, whether it be sexy, funky, or leaning on popping.

Falun Gong: is a system of "mind and body cultivation" related to buddhism and qigong.

Flamenco: Carefully designed to impart all the necessary skills required in this dance.

Ghetto Kamp: A fresh new street dance class catering for those willing to step up their own dancing ability, progressing to an advanced level of moving and thinking.

H2ography: Fusing underground commercial street with utmost flava, style and energy.

Jamaican Dancehall: Calorie burn-off big-time! Intense aerobic exercise with a cardiovascular element.

Jazz: Divine music, beautiful moves, focuses on expressive jazz techniques.

Jazz Ballet: Combining Ballet with Jazz, Contemporary and Latin. Musical influences include; Craig Armstrong, Bliss, Buddha Bar and Chicane.

Jazz Technique: High, Moderate and Low impact jazz moves. You've gotta be fit for this, its high energy stuff.

Lambada: Latin American dance that's stylish and fun.

Latin Jazz: A fusion of Latin rhythms with energetic and funky moves such as Salsa, Meringue, Funk, Reggaeton combined within a fusion of Jazz!

Modern Fusion: A combination of the Lester Horton technique which builds strength, agility and flexibility, Cuban Modern and Afro-Caribbean dance a style

Music Video Star Workout: The first half of the class will be high energy warm up with Katie, and the second part will be choreography taught by Tina.

New-Skool Hip-Hop: Get ready, get set and prepare yourself for some real crumping action!

Pilates into Ballet: A physical fitness regime coupled with the grace and discipline of a great dance form.

Pole Dancing: Liberate yourself, have some fun and get really fit. Strengthening your entire body, developing your balance and coordination.

Rhythm: Fusion of Hip-Hop Styles and Commercial dance

Rudeye Fusion: mixture of Hip Hop, Jazz, Locking, Popping and Robotics

Russian Ballet: Classical tough by a former Kirov Ballet Company dancer.

Salsa: It's unique, exciting and fitness demanding , no need to bring a partner - meeting new people is all part of the fun.

Samba: a Brazilian dance and musical genre originating in African and European roots.

Sevillanas: A wild, vivid form of traditional flamenco dancing. It's both joyous and fitness-inducing.

Street Level: A basic routine, build up confidence and stamina while dancing to the latest R&B tunes and Hip-hop beats.

Stretch For Dancers: Pilates and Yoga stretches, wrapped in dance. Suitable for all ages.

Sunday Flava: This energetic, class incorporates styles of New York and L.A. street dance with a UK twist. Learn moves while dancing to the latest R&B tunes and Hip-hop beats.

Tango: A living art form in Dance, Argentinian style. Takes in both Salsa and Salsa.

Tap: Syncopation, twists, turns, rhythms and tempo.

Theatrical Jazz: It's jazz dance, to favourite songs from much loved musicals and movies.

UK Underground: The session is a compact highend of modern dance and funk grooves. The warm-up will focus on technique, strength and coordination.

Xpress Yo'self: Ultimate Street style dance formulated in 1995, wrapped in energy, and really giving you the opportunity to express yourself on the dance floor.

Zumba: Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Monday Time	Class	Level	Teacher	£
10:00 - 11:30	Russian Ballet	Adv	Zina Mamedova	£7
11:30 - 13:00	Classical Ballet	Pro	Mark Silver	£7
12:15 - 13:00	Fat burner	Gen	Hugo Camacho	£4.5
13:00 - 13:45	Bodyworks	Gen	Katy Teague	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
15:00 - 16:30	Classical Ballet	Pro	Raymond Chai	£7
16:30 - 18:00	Jazz Ballet	Beg	Milo Miles	£7
17:30 - 19:00	Pilates into Ballet	Beg	Teresa Kelsey	£7
18:00 - 19:00	Xpress Yo'self	Beg	Hakeem	£6
18:00 - 19:00	Total Body Conditioning	Gen	Katy Teague	£4.5
18:00 - 19:00	Bollywood Grooves	Beg	Nileeka/Minila	£6
19:00 - 20:00	Vocalworks (new)	Gen	Daniel Thomas	£10
19:00 - 20:00	Tap	Beg	Richard Holland	£5
19:00 - 20:00	Jazz Technique	Int	Stuart Thomas	£5
19:00 - 20:30	Bollywood Grooves (4wks)	Course	Minila	£60
20:00 - 20:30	Tap	Adv/Beg	Richard Holland	£5
20:00 - 21:00	Burlesque/Striptease	Gen	Polly/Sachi	£10
20:00 - 21:30	Jamaican Dancehall	Gen	Paradigmz	£5
20:00 - 21:30	Contemporary Jazz	Gen	Hagit Yakira	£6
20:30 - 21:30	Tap	Int	Richard Hollan	£5
20:30 - 21:30	Salsa	Beg-Adv	Nelson Batista	£6
21:00 - 22:00	Modern Fusion	Gen	David Blake	£6

Tuesday Time	Class	Level	Teacher	£
10:00 - 11:30	Classical Ballet	Pro	Mark Silver	£7
11:30 - 13:00	Classical Ballet	Pro	John Moubayed	£7
12:15 - 13:00	Cardioworks	Gen	Pennie Jane	£4.5
13:00 - 13:45	Balanceworks	Gen	Pennie Jane	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
15:00 - 16:30	Classical Ballet	Pro	Raymond Chai	£7
16:30 - 18:00	Classical Ballet	Beg	Christina	£7
18:00 - 19:00	Dance Flavourz Latin Jazz	Gen	Francis Cardoso	£6
18:00 - 19:00	Classical Ballet	Adv/Beg	Teresa Kelsey	£7
18:00 - 19:00	Contemporary	Beg	Stuart Thomas	£5
18:00 - 19:00	Total Body Conditioning	Gen	Ildiko	£4.5
18:00 - 19:00	Xpress Yo'self	Int	Hakeem	£6
19:00 - 20:00	Belly Dance	Gen	Jacqueline Chapman	£8
19:00 - 20:30	Trampoline (new)	Gen	Hugo Camacho	£7
19:00 - 20:00	New Skool Hip-Hop	Gen	Wyvern Wilkins	£6
19:00 - 20:00	Pointe & Virtuosity Ballet	Beg/Int	Jean-Pascal Cabardos	£7*
19:00 - 20:30	Box Circuit	Gen	Cassius	£6
19:15 - 20:15	Jazz	Beg/Gen	Leanne King	£5
20:00 - 21:00	Pole Dancing Course	Gen	Anna 02070332585	
20:00 - 22:00	Burlesque/Striptease	Course	Jo King 07958314107	
20:30 - 22:00	Contemporary African	Int	Akosua Boakye	£6*
20:30 - 22:00	Classical Ballet	Gen	Jean-Pascal Cabardos	£7
21:00 - 22:00	Pole Dancing Course	Gen	Anna 02070332585	

*10 classes for £65 Speak to Jean directly

Wednesday Time	Class	Level	Teacher	£
08:00 - 09:00	Tai Chi	Gen	Stuart Thomas	£5
10:00 - 11:30	Classical Ballet	Pro	Mark Silver	£7
11:30 - 13:00	Classical Ballet	Pro	Adam Pudney	£7
12:15 - 13:00	Aerotone Sensation	Gen	Hugo Camacho	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
13:00 - 13:45	Bodyworks	Gen	Katy Teague	£4.5
14:30 - 16:00	Classical Ballet	Pro	Jean-Pascal Cabardos	£7
16:30 - 18:00	Classical Ballet	Beg	Hannah Frost	£7
17:00 - 18:00	Tango (16/06/10)	Int	Doni & Liz	£7
18:00 - 19:00	Classical Ballet	Beg/Imp	Hannah Frost	£7
18:00 - 19:00	Jazz	Beg/Gen	Leanne King	£5
18:00 - 19:00	Belly Dance	Beg	Mia www.miaserra.com	
18:00 - 19:00	Total Tone Sensation	Gen	Hugo Camacho	£4.5
18:00 - 19:15	H2ography	Beg/Gen	Kenrick Sandy	£9
19:00 - 20:00	Ballroom & Latin American	Gen	Vlad & Lenka	£9
19:00 - 20:00	Belly Dance (12 wks)	Course	Mia www.miaserra.com	
19:00 - 20:00	Samba	Gen	Solange	£8
19:00 - 20:30	Cont. Boogie Jazz	Int	Stuart Thomas	£5
19:15 - 20:15	Commercial Funk (new)	Beg/Gen	Farouk Bhimji	£6
20:00 - 21:00	Belly Dance (12 wks)	Course	Mia www.miaserra.com	
20:00 - 21:00	Lambada	Int	Becky Bisase	£7
20:00 - 21:00	Pole Dancing Course	Gen	Anna 02070332585	
20:15 - 21:15	Zumba (new)	Gen	Doni Fierro	£7
20:30 - 21:30	Breakdance	Beg/Gen	Isaac Jno Baptiste	£6
21:00 - 22:00	Pole Dancing Course	Gen	Anna 02070332585	
21:00 - 22:00	Belly Dance (12 wks)	Course	Mia www.miaserra.com	

Thursday Time	Class	Level	Teacher	£
10:00 - 11:30	Classical Ballet	Adv	Zina Mamedova	£7
10:00 - 11:30	Russian Ballet	Int-Adv	Emma Northmore	£7
11:30 - 13:00	Classical Ballet	Pro	Zina Mamedova	£7
12:15 - 13:00	Trampoline	Pro	Paul Lewis	£7
13:00 - 13:45	Balanceworks	Gen	Hugo Camacho	£4.5
13:00 - 14:30	Classical Ballet	Gen	Pennie Jane	£4.5
15:00 - 16:30	Classical Ballet	Pro	Denzil Bailey	£7
16:30 - 18:00	Jazz Ballet	Gen/Int	Milo Miles	£7
18:00 - 19:00	Classical Ballet	Beg	Franciska Rosenzweig	£7
18:00 - 19:00	Salsa	Beg	Nelson Batista	£6
18:00 - 19:00	Rudeye Fusion Funk	Gen	Rie Fujii	£6
19:00 - 20:00	Bollywood Grooves	Beg/Imp	Nileeka/Minila	£6
19:00 - 20:00	Salsa	Int	Nelson Batista	£6
19:00 - 20:00	Ballet	Gen	Franciska Rosenzweig	£7
19:00 - 20:30	Jazz	Int	Leanne King	£6
20:00 - 21:30	Fat Burner	Gen	Hugo Camacho	£7
20:00 - 21:00	Diverse Street	Gen	Sam Morris	£6
20:00 - 21:00	Belly Dance hip hop(12wks)	Gen	Mia www.miaserra.com	
20:00 - 21:00	Salsa	Adv	Nelson Batista	£6
20:00 - 21:00	Contemporary	Beg/Gen	Stuart Thomas	£6
20:30 - 22:00	Classical Ballet	Elm/Int	Jean-Pascal Cabardos	£7*

*10 classes for £65 Speak to Jean directly

Friday Time	Class	Level	Teacher	£
10:00 - 11:30	Russian Ballet	Adv	Zina Mamedova	£7
10:00 - 11:30	Classical Ballet	Pro	Ayuna Passa	£7
12:15 - 13:00	Cardioworks	Gen	Pennie Jane	£4.5
13:00 - 13:45	Bodyworks	Gen	Pennie Jane	£4.5
13:00 - 14:30	Classical Ballet	Elm	Anna du Boisson	£7
15:00 - 16:30	Classical Ballet	Pro	Denzil Bailey	£7
16:30 - 18:00	Classical Ballet	Beg	Jean-Pascal Cabardos	£7
17:30 - 18:30	Dance Flavourz Latin Jazz	Gen/Elm	Francis Cardoso	£6
18:00 - 19:00	Contemporary African	Gen	Stuart Thomas	£5
18:00 - 19:00	Flamenco	Beg/Gen	Lucia Caruso	£6
18:00 - 19:30	Bay-Syxx St Dance	Beg	Brendan Isaac	£5
18:00 - 19:30	Classical Ballet	Gen/Int	Beatriz Pascual	£7
18:30 - 20:00	Classical Ballet	Gen	Christina	£7
19:00 - 20:00	Flamenco	Adv	Lucia Caruso	£6
20:00 - 21:00	Steps for Dance	Gen	Stuart Thomas	£5
20:00 - 21:00	Sevillanas	Gen	Zandra Escudero	£6
20:00 - 21:00	UK Underground	Beg/Gen	Sean Graham	£5
20:30 - 22:00	Classical Ballet (new)	Int	Michelle Gallagher	£7
19:00 - 22:00	Faluong Gong	Int	Zek & Misha	free

*10 classes for £65 Speak to Jean directly

Saturday Time	Class	Level	Teacher	£
10:30 - 12:00	Jazz	Int	Phil Aiden	£6
11:00 - 12:30	Classical Ballet	Pro	Paul Lewis	£7
12:30 - 14:00	Classical Ballet	Adv	Trevor St John	£7
12:30 - 13:15	Trampoline Fit	Gen	Hugo Camacho	£6
12:30 - 14:30	Flamenco - castanets	Elm	Lucia Caruso	£6
14:15 - 14:45	Samba	Gen	Becky Bisase	£8
14:00 - 15:30	Classical Ballet	Adv/Gen	Liz Alpe	£6
14:00 - 15:30	Total boot Camp	Gen	Hugo camacho	£7
14:15 - 15:15	Rhythm (new)	Beg	Rhimes	£6
14:15 - 15:15	Flamenco	Beg	Lucia Caruso	£6
15:15 - 16:15	Lambada	Beg	Becky Bisase	£7
15:15 - 16:45	Russian Ballet	Int	Zina Mamedova	£7
15:30 - 16:30	H2ography	Beg	Kenrick Sandy	£5
15:30 - 16:30	Contemporary	Gen	Scarlett Perdereau	£6
15:30 - 16:30	Belly Dance Urban Trival(6wks)	Gen	Miawww.miaserra.com	
15:30 - 17:00	African Dance	Gen	Mohammed	£8
16:30 - 18:00	Pole Dancing Course	Gen	Anna 02070332585	
16:30 - 18:00	Classical Ballet	Beg	Hannah Frost	£7
16:30 - 18:00	H2ography	Int	Kenrick Sandy	£5
16:45 - 17:45	Belly Dance (6wks)	Gen	Miawww.miaserra.com	
17:00 - 18:00	Contemporary Jazz	Gen	Hagit Yakira	£6

Sunday Time	Class	Level	Teacher	£
11:00 - 12:30	Classical Ballet	Gen	Christina	£8
11:30 - 13:00	Russian Ballet	Adv	Zina Mamedova	£7
12:00 - 13:30	Classical Ballet	Int/Adv	Jean-Pascal Cabardos	£7*
12:30 - 13:30	Salsa (new)	Int/Adv	Nelson Batista	£6
13:00 - 14:00	Street Level	Beg	GwenJno-Baptiste	£5
13:00 - 14:30	Cont Boogie Jazz	Elm	Stuart Thomas	£5
13:00 - 14:30	Classical Ballet	Beg	Renato Paroni	£7
13:30 - 14:30	Salsa	Beg	Nelson Batista	£6
14:00 - 15:30	Sunday Flava	Int	GwenJno-Baptiste	£5
14:00 - 15:30	Classical Ballet	Beg	Jean-Pascal Cabardos	£7*
14:30 - 16:30	Zumba (new)	Gen	Doni Fierro	£6
14:30 - 16:30	Classical Ballet	Adv	Renato Paroni	£7
15:30 - 17:00	Dance Carnival (new)	Beg/Gen	Safwaan Shoshoni	£7
15:30 - 16:30	Pointe & Virtuosity Ballet	Beg/Int	Jean-Pascal Cabardos	£7*
16:00 - 17:00	Tango (20/06/10)	Beg	Doni & Liz	£7
16:00 - 17:30	Contemporary	Gen	Stuart Thomas	£5
17:00 - 18:00	Tango (20/06/10)	Int	Doni & Liz	£7

*10 classes for £65 Speak to Jean directly

Aerobics Class Descriptions:

Aerotone Sensation: Starts with an aerobic warm up followed by an intensive workout.

Balanceworks: Building muscular power and joints flexibility via an integrated Yoga/Pilates workout.

Bodyworks: Ab Attack, Butt Attack, Total Body. A well constructed, target-orientated programme. A lot of fun with its combined resistance training techniques.

Booty Camp: Create muscle tone, stamina, strength and manage weight. It's personal training within a group.

Box circuit: An exercise, to fast music, class. A non-contact dynamic punching/kicking martial arts.

Cardioworks: Weights, Cardio and Toning workouts. Gets the heart pumping, burns body fat and its fun.

Total Body Conditioning: A high intensity, high energy class. Designed to get your heart pumping and feet moving.

Condition Training: Body-bars, weight training programme for one end: your body toned, defined and fit.

Dance Workout: Through dance and controlled structured exercise shaping the body to show it off at its best.

Tone Sensation: Involves the use of a raised platform on which a series of exercises are performed under the guidance of an instructor.

Total Boot Camp: A leading weight loss and fitness . The 1.5 hour workout will help you achieve your weight loss and fitness goals.

Total Tone Sensation: An energetic warm up to test your limits & stamina, followed by a full body workout .

Trampoline Fit: New exciting class the 1st in the UK to have a mini Trampoline class. a Smashing none Gravity workout. Jump for Joy.

YOGA & PILATES

Classical Yoga: Stretching to create balance in the body, through developing strength and flexibility to produce physical benefits.

Yoga: Experience grace in organic , dynamic and gentle movements. An integrated and interactive art.

Dance Based Yoga: Yoga, Pilates and Dance combined to challenge, change and benefit you.

Garuda Matworks fuses Pilates, Yoga, Gyrotonic, Dance and influences from Feldenkrais and Alexander Technique into a unique, holistic and integrated style of movement and exercise.

Hatha Yoga: A gentle but invigorating class which includes vinyasa, meditation and relaxation.

Pilates into Ballet: A physical fitness regime coupled with the grace and discipline of a great dance form.

Pilates Mat work: Improves muscle control, flexibility, strength, coordination and tone

MARTIAL ARTS

Aikido: Japanese self-defence. Non-competitive dynamic movement for inner strength/harmony.

Capoeira: Brazilian martial art, blending elements of dance, music, acrobatics and fighting.

Tai Chi: Early morning workouts. Beneficial for fitness and well being.

Sam Tu Dang: Modern martial art based on health and self-defence. Along with concentration, effort, commitment and fitness.

Shorinji Kempo: Japanese martial art, combining hard and soft techniques for effective self-defence. Requires discipline, application and fitness.

Thai Kick Boxing: An Excellent work out. has an incredible history, being developed and tested by Thailand's ancient warriors.

Wing Tsun: This is a complete Self-defence System Course, taking in self-control and confidence building.

Monday Time	Class	Level	Teacher	£
18:00 - 20:00	Wing Tsun	Beg/Int	Norbert & Ivana	£65 mth
20:00 - 21:30	Wing Tsun	Adv	Norbert & Ivana	£65 mth

Tuesday Time	Class	Level	Teacher	£
08:00 - 09:00	Aikido	Gen	Aissica Loeb	£6
20:00 - 22:00	Shorinji Kempo	Gen	Sensei Mizuno	£7
20:30 - 21:30	Sam Tu Dang	Gen	Laurie Ince	£5

Wednesday Time	Class	Level	Teacher	£
08:00 - 09:00	Tai Chi	Gen	Stuart Thomas	£5
20:00 - 21:30	Capoeira	Beg	Capoeira Ceará	£7

Thursday Time	Class	Level	Teacher	£
08:00 - 09:00	Aikido	Gen	Jessica Loeb	£6
18:00 - 20:00	Wing Tsun	Gen	Norbert & Ivana	£65 mth

Friday Time	Class	Level	Teacher	£
19:30 - 21:30	Shorinji Kempo	Gen	Sensei Mizuno	£7
19:30 - 21:30	Capoeira	Adv	Capoeira Ceará	£7

Saturday

We are not currently offering any Martial Art Classes on Saturday. Please check with us periodically as this may change in the future.

Sunday Time	Class	Level	Teacher	£
11:30 - 13:00	Thai Kickboxing	Gen	Jamal Rizki	£10 (60 mth)
16:30 - 18:00	Capoeira	Beg	Capoeira Ceará	£7

As you think, so shall you become.
- Bruce Lee



CHILDREN'S CLASSES

The West London School of Dance

visit www.thewestlondonschoolofdance.co.uk.

Classes in ballet, jazz and tap for beginners to more advanced levels for boys and girls from the ages 2 ½ - 18 yrs. Scholarships are also available.

or call **020 8743 3856**

For enrolment info

e-mail Westlondondance@aol.com



Impact Youth Academy



These are drop-in street dance classes for people between 11-16 yrs.

www.impactdance.co.uk or call **07768 413 869**

Pop Jazz: A class combining elements of Jazz and street dance. Developing dance ability through a series of exercises based on co-ordination and isolation.

For more info contact: popjazz@live.co.uk or call **07944776656**

Singing Lessons

Always dreamed about impressing your friends with a beautiful singing voice?

Waste no more time excusing your needs as Danceworks now introduces **The Courage to Sing course!** our goal is to give you the tools developing your singing, voice, music, creativity, self-confidence, personal power, talent, imagination, health and well being. Call 01297 625 337 to find out more about courses at Danceworks and a 10% discount will be granted to all members!

www.thecouragetosing.co.uk
thecouragetosing@hotmail.com

Want to Hire a Studio?

Danceworks' top quality professional studios are available most days for rehearsals, auditions, workshops, photo shoots, private classes, and other functions.

All six studios for hire feature:

- *Sprung Maple or harlequin floors
- *Stereo Equipment
- CD player
- Tape deck
- MP3/Ipod plug
- *Mirrors
- *Ballet Barres
- *Pianos on Request
- *Wireless Internet connection

Additional Equipment: from a portable microphone to a 35mm film camera and operator can be available with 48 hours notice.

You may also integrate equipment with ours if you let us know two days prior to your reservation.

For studio hire rates and availability please call 020 7318 4100 or visit us on www.danceworks.net



*Tired and fed up?
Need a break in your working day?*

London's Leading Holistic Therapy Centre!

Walk in to NATUREWORKS for a real treat!! **10 different types of massage and over 40 different holistic therapies available**, treatments which will restore your soul and revive your body!

Body Soothing
Mind Relaxing
Sleep Inducing
Stress Releasing
Pain Relieving
Muscle Toning
Health Enhancing
Mind Uplifting
Energy Boosting
Zest Restoring

Many of the therapists offer discounts for Danceworks Members.

for an appointment
Call: 020 7629 2927
e-mail info@natureworks.net
www.natureworks.net for more information

Therapists Section

Is Hayfever ruining your summer....why not try Homeopathy?



You may dread the summer if your hayfever is triggered by pollen, because of the misery of itching, sneezing, sore eyes and a runny or blocked nose.

Every year, many more people look for an alternative to the likes of Piriton or Claritin that is natural, non-toxic and non-addictive. Homeopathy is all of these things, but is it effective? In recent years, there have been a number of controlled trials showing that hayfever sufferers treated with Homeopathy showed a significant reduction in their symptoms.

Cassie Everett is the Natureworks homeopath she uses tiny white pills to help restore balance to the body so it can heal itself. Not only can Homeopathic remedies help your symptoms but it works like an MOT, fine tuning the body so it runs at its optimal level, giving you a huge energy boost.

Cassie asks you about your medical and family history as well as your symptoms, so she can tailor the treatment to your particular needs. She offers additional lifestyle advice to help speed your recovery and restores your health and vitality.

Cassie is getting inundated with people wanting help with their hayfever symptoms at the moment so don't suffer in silence, homeopathic remedies help you manage the symptoms without making you feel drowsy so you can really enjoy the summer. Plus long term treatment can help rid you of your hayfever symptoms for good!

Cassie is offering a 20% discount for all Danceworks members throughout the month of June.

Cassie is at Natureworks:
Tuesdays 1-8pm
Wednesdays 12-7pm



Timetable June 2010

16 Balderton Street
London W1
020 7629 6183

info@danceworks.net
www.danceworks.net

Also see our website for class times & descriptions

MEMBERSHIP FEES AT DANCEWORKS

Yearly membership *

£8.99 monthly direct debit
or
£123 yearly payable in advance

***NEW MEMBERS ARE REQUIRED TO PAY A JOINING FEE OF £69.**

Daily membership fees

All classes Mon - Sat	£5.00/day
All classes on Sunday	£2.50/day
All Professional classes	£2.00/day
All Martial arts classes	£2.50/day
All Yoga/Pilates classes	£3.00/day

One month membership (no joining fee)

£45 month payable in advance

Concessionary memberships (no joining fee)

Student/Equity/ Over 60
£8.99 monthly direct debit
or
£69 yearly payable in advance

Terms:

- *Must be a full-time student with proof of current course or valid . NUS card
- * Must be 24 years old or under with valid NUS card
- *Equity members are also required valid identification