

OCTOBER HAPPENINGS!

“Bring a Fiend” Week October 26-31. Handouts will be coming in class and forms will be on the Homepage at www.danceu.com

Our National Honor Society of Dance Arts is hard at work putting together a schedule of fun activities for our dance community , where our dance community can support the Colorado Springs Community.

In November they will be hosting a lock-in for all DU dancers that are in 5th grade and above. Save the tentative date of November 7th. More information to come. At this event the dancers will be putting together care bags for the homeless in our community, their goal 100 bags. They are currently asking for the following items for donations:


Gallon size ziplock bags, toothbrushes, chapstick, tissues, socks, hand/foot warmers, raisins, applesauce or fruit cups, bandaids, soap, travel Deodorant, gum, individual packages of crackers, peanut butter, dried fruit, granola bars, tuna, etc....

We will accept cash and check donations as well to purchase the items needed as well. Please make checks payable to Dance Unlimited.

Join our NHSDA kids for “Fun in the Park” (weather permitting) Saturday, October 10th 2:30-4:00 at Ford Frick Park. This is just a fun get together to have fun with your dance family. Everyone is invited.

DANCE UNLIMITED STATEMENTS

Statements are billed on the 1st of the month and an email will be sent to you. **This month you will see the costume deposit for each class your dancer is in for our June 2016 recital.** The remainder will be billed to you in January. All tuition, competition fees and rehearsal fees are due on the 15th. A \$20 late fee will be assessed on the 16th of the month. You may chose to pay online or in the studio.





OCTOBER BIRTHDAYS

Sabine 2nd

Katie 6th

Alana 9th

Lexi 12th

Kiran 15th

Liv 17th

Dani 20th

Julia 25th

Jaila 28th

Annie 28th

Julie 30th

Connor 31st

To touch, to move, to inspire. This is the true gift of dance. - Aubrey Lynch



INTRODUCING OUR NEWEST TEACHER

BRITTANE HUGHES

Brittane is a native of Champlin, Minnesota where she began dancing at Northland School of Dance and later trained with Minnesota Dance Theatre and the Dance Institute. After high school she attended the University of Utah where she received a BFA in Ballet and a BS in Political Science. At Utah, Brittane was a member of the University's regional ballet company, Utah Ballet and the Character Dance Ensemble. She danced in many productions including La Bayadere, Firebird, and Giselle. After college she danced professionally with Ballet Nebraska in Omaha and with San Diego Ballet in California. In her professional career she has had many opportunities to dance in many different productions including The Nutcracker, Alice in Wonderland, Mozart's The Magic Flute, A Midsummers Night Dream, and Carnival of the Animals.



Christmas Show Finale!

DANCE UNLIMITED CHRISTMAS SHOW INFO

Although we do not start until November we want you to have the information now!

Dance Unlimited and its staff believe in giving back to our community. During the holidays we do this in several ways.

First is our Christmas Shows-this becomes a high light for our dancers a special time to make a difference.

Our shows are done in nursing homes throughout the community. The dancers love spreading holiday cheer with the residents.

Rehearsals will be November 7th, 14th, 21st & December 5th at Dance Unlimited from 12:00-1:15pm-you do not have to be at all rehearsals to participate.

We use the same costume year after year. If you have a costume you would like to sell, please bring to the studio labeled with size, your name and the price you are asking.

Costume cost for combo dancers is approximately 32.00 and for everyone else it is approximately 68.00 if you do not have tights or black booty shorts.

The Second way we give back to the community is by adopting families to provide them a Christmas!

There is a one time rehearsal fee of \$15 for the first dancer and \$10 for each additional dancer in a family. We use this money to buy groceries for the families we adopt.

We will have a Christmas tree at the front counter about mid November. On the tree are tags with the families wishes. Our Dance Unlimited families take tags off the tree and bring them wrapped gift back to DU and then as we get closer to the holidays we set up a delivery time that everyone is welcome to participate in.

Over the past 24 years Dance Unlimited has provided for 75 families and given over \$120,000 dollars away in gifts and groceries.

Why should a dancer take Yoga? Join us Thursdays @ 7:30

Taught by Brittane Hughes open to all!

INCREASED BODY AWARENESS

While all dance classes focus on position and alignment, yoga classes take this one step further. The slower pace of a yoga class naturally allows for greater precision. For example, instead of just putting your feet into a parallel position, you have time to check that the outside edges of your feet line up with the outside edges of your mat, your weight is equally distributed to all four corners of your feet, your toes are spread wide and your pinky toes are anchored firmly into the floor.

By taking the time to fine tune the details of proper alignment (including your pinky toes) you learn to build each pose from the ground up to create a strong foundation, and to stack the joints for greater stability and power. In this way, every movement is conscious and deliberate, a moving meditation. Moving slowly and deliberately allows more opportunity to notice and correct habits that might create issues over time, such as rolling in or out on your ankles as you balance.

INCREASED STRENGTH AND FLEXIBILITY

Many of the standing poses in yoga develop the same muscles that are used for developpés, battements, and jumps, while other poses build strength in areas that are often overlooked. The upper body strength developed from downward dog and handstands is useful during promenades and lifts with a partner. Balancing poses have direct application in center floor (particularly during adagio) and backbends and back strengthening poses such as the locust pose help develop a killer arabesque.

Even though dancers are flexible, most of us have certain tight areas. Poses that focus on these areas will help you unlock greater range of movement and since yoga stretches are generally held for longer periods, you get greater results and make the body less prone to injury.

LINKING BREATH TO MOVEMENT

One of the most valuable tools you will learn in yoga is breath control. Many dancers haven't been taught to use the breath to help power certain actions. Even worse, we sometimes forget to breathe at all. Most yoga classes begin with tuning into the breath, focusing on lengthening the inhale and exhale, and working from there to maintain a slow, steady breath through the rest of class. Inhales are used for expanding movements, such as arching your back or lifting a leg, exhales are naturally suited for contracting actions such as stepping into a lunge or bending into a forward fold. Learning to link breath to movement helps you harness the energy of breath and use it to your advantage, which is especially helpful during challenging combinations like big jumps or long adagio sequences where you need extra power.

Focused breathing has a few other benefits: it helps to keep your mind from wandering, and serves as a way to measure when you have gone too far past your limits. If it's too challenging to stay for at least three breaths in a pose then that's a clear indication you are pushing too hard. Developing this awareness is a way to learn to tune into your body's pain responses so you can avoid injuries.

HEALTH BENEFITS

Aside from the more obvious physical perks, yoga also works on a subtle level that isn't immediately apparent. Spinal twists, for instance, not only keep the spine pliable, they also put gentle pressure on the internal organs, which has a detoxifying effect on the body. Inversions such as handstands and headstands reverse the blood flow, redistribute blood throughout the body, and improve circulation. This helps the mind feel clearer and calmer and may also ensure a healthier heart and lungs. Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores.

PEACE OF MIND

An important component of yoga is taking a break from the chaotic pace of today's busy world through focusing on the present. Yoga encourages you to relax, slow your breath, and focus on the here and now; this breath, this pose, this moment. This shifts the balance from your sympathetic nervous system (the fight-or-flight part of the brain) to the parasympathetic nervous system (the calming and restorative part of the brain). It also lowers the heart rate and decreases blood pressure.

Yoga practice has also been shown to improve depression and increase serotonin levels. Yoga and meditation build awareness, and the more aware you are, the easier it is to break free of destructive emotions like anger and stress and add a little more calm wisdom to your thinking. Yoga poses were originally designed to prepare the body to be able to sit in meditation and many people who practice yoga find they carry the meditative quality of yoga with them throughout the rest of their activities. Some decide to add regular meditation to maintain and grow these peaceful feelings.

BECOME YOUR BEST SELF

Clearly, the benefits of yoga go beyond the physical; yoga is also a way to soothe the spirit and find peace of mind.

Whether you are looking to build strength, improve flexibility and balance, or just recalibrate your brainwaves to a more relaxed state, yoga has a lot to offer dancers. By learning to align your body, mind and spirit on the mat you will bring your best self to your dance.

RECITAL 2016: COSTUME DEPOSITS

Yes, it looks like we are thinking WAY ahead...the TRUTH! We order our recital costumes in December to ensure that we have them by April for our yearbook pictures.

Beginning October 1st, you will be able to see your child's recital costumes, we do that so you know what you are paying for, On your October statement you will see a costume deposit for each class your dancer is in for their recital costume, the remainder of this costume will be billed January 1st. Once ordered in December these costume charges are non-refundable. If your dancer is not participating in recital there is a form to fill out. The deposit is \$35, most costumes are a total of \$70, except some ballet costumes may be \$85.

Recital is not mandatory, but it is incredible recognition for your dancers accomplishments, it is a ton of fun and your dancers LOVE being on stage!!!



I do not try to dance better than anyone else. I only try to dance better than myself. - Mikhail Baryshnikov

From Zorene as she shared on Facebook a few weeks ago!

I just wanted to be publicly thankful for all of the people I work with. Last week we had a guest artist that said "you are all so...HAPPY!" So this week I really watched as our staff and students walked into the studio. Everybody is greeted with a smile, a hug, a rush to another. Our teachers and office manager greet others and each other as they enter the door. When someone is carrying something, someone jumps up to hold the door! Yes, I love going to "work". I will continue to be thankful that I have been blessed! Have a great weekend everyone!!