



Newsletter – April / May 2009

Movie night: 09 May Studio 2 Greenside. NB: Booking and payment cut off is the 30th April.

This month we will be screening the movie **“Lambada”** @ 6pm Sharp, that was cancelled in March. The workshop after will start 7.30pm. and will cover the basics and a few interesting moves from the movie. This is to promote the SALSA classes that are held EVERY Wednesday 7.30pm. We aim to regularly have guest teachers, and will explore the LA & Cuban style even further this year. Definitely a man's dance as it's sensual and easy moves that make the guys look cool and impress the ladies☺.

Competition Results: -7 March 2008. **Desmond Hopkins & Marina Beddow** entered their 2nd Latin and Ballroom (Standard) competition with outstanding results, yet again. Well done!

1st Place Adult Bronze Ballroom.
4th Place Adult Bronze Latin.

The next competition is on the 9th May, 9 for 10am start @ the Benoni City Hall, Princess Street. Spectators welcome. R60 unreserved seating available at the door. *Come and support the competitors and enjoy some high quality dancing.*

Hip Hop workshop: -by Alice was held Saturday 28 March was quite interesting as she did a street gangster routine for the 1st hour, and a lyrical Hip Hop the second hour. Sadly only 6 out of 10 people attended, with 4 cancellations. DFLA still plans to launch a pure Hip Hop styles class. A Tuesday's 6.30pm at Studio 1 Parkhurst or a Saturday afternoon class, Was proposed by the students who attended.

Alice or I are waiting for your valued feedback so we can schedule 1 or 2 classes to start ASAP. If the proposed day and times don't suit please let us know ASAP. Alice will probably stick to a monthly workshop in the interim.

Dance Social: Saturday 30 May, 7.30pm Studio 2 Greenside. All styles Social, Latin, Ballroom, SALSA, etc


Limited space for 30 people ONLY, so please pre book and pay to reserve your spot. Family friends and visitors are welcome. Bring your own snacks, drinks, ice and dance shoes. Come practice all you've learnt and meet some interesting people.

NB: Booking and payment cutoff is the 26th May NO LATER.

NO payments will be accepted on the night. NO tickets will be available for sale at the door. NO seats will be reserved if payment has not been received by the cutoff date.

Adult Ballet: -by Shannon Tuesday's 6.30pm started in March and is in desperate need of student support or DFLA Will lose this very capable teacher. Drop in visitors pay a mere R75/hour session. Monthly students pay R250 -4 lessons.

IT'S CALLED MINDSET



As my friend was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a rope tied to their legs. It was obvious that the elephants could, at anytime, break away from the ropes they were tied to but for some reason, they did not. My friend saw a trainer nearby and asked why these beautiful, magnificent animals just stood there and made no attempt to get away.

“Well”, he said, “when they are very young and much smaller we use the same size rope to tie them and at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.” My friend was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were. The powerful and gigantic creature has limited its present abilities by the limitations of its past.

Like the elephants, how many of us go through life holding onto a belief that we cannot do something, simply because we failed at it once before? How many of us refuse to attempt something new and challenging because of our so called MINDSET?

Your attempt may fail, but never fail to make an attempt....
&
CHOOSE not to accept the false boundaries and limitations created by the past...