



Workshop Preparation

1. Can you find and send a piece of music that makes you feel each of the moods below?

Think of times in your life that you have felt the following strong emotions and visualize them:

- love / happiness /sex
- anger / disappointment
- crying / sadness
- active / euphoric

NOTE :- Please email two examples of your music choices to admin@dancingintheair.com with a description about how each piece makes you feel and why you chose it. This will be used to help us understand you better and for Olga to tailor training to your needs.

2. The workshop will be recorded on video and we want you to look and feel your best. Please bring a few different outfits that allow you to feel free and emotive and suit your choice or music. Suggestions include:

- short dresses, with a light satin or silk scarf (or something similar)
- skirts
- leotard
- pyjamas, nighties
- NO baggy clothing, also bring warm clothing to put on in between exercises