LOOKING BACK AT 2020...

We've been looking back over the last year at Gotta Dance Inc, and we are so grateful to have such an amazing community. Your support for one another, love of dance, and overwhelming optimism has been truly heartwarming!

Thank you so much for the last twelve months.

Wishing each and every one of you bright beginnings, new aspirations, and inspiring successes!

WORKSHOP ANNOUNCEMENT!

After an amazing first session, we're excited to announce a second round of **Drama and Musical Theatre**! The talented Jessica Grossi designed these workshops specifically for young actors aged 8-14 learning virtually!

Students will explore the art of storytelling using voice, movement, and improvisation in Drama, and develop their artistic voice and abilities through singing, acting, and movement in Musical Theatre. No previous experience required!

Both classes run on Thursdays from January 7 - March 3, 2021
Drama: 5:15pm-6:15pm | Musical Theatre: 6:15pm-7:15pm

Register now at: **gottadance.ca/registration/**
For more information contact: **info@gottadance.ca**

THE MAGIC OF FRESH STARTS

"The magic of new beginnings is truly the most powerful of them all." - Josiyah Martin

Though we believe that you shouldn't have to wait for the New Year to start working towards new goals and resolutions, it's important to remember that there is a special kind of magic in starting fresh.

2021 offers 12 new chapters and 365 blank pages to begin painting a new path for yourself. Whether you're looking to begin a new wellness journey, learn a new language, or nail that dream skill, we are excited to bring you our best tips, tricks, and resources to help you create and successfully pursue your New Year's Goals & Resolutions until January 8th on Instagram!

Don't miss out! Follow us on Instagram (**@gdigottadance**).

What are your goals for the New Year? Let us know!

JANUARY DATES
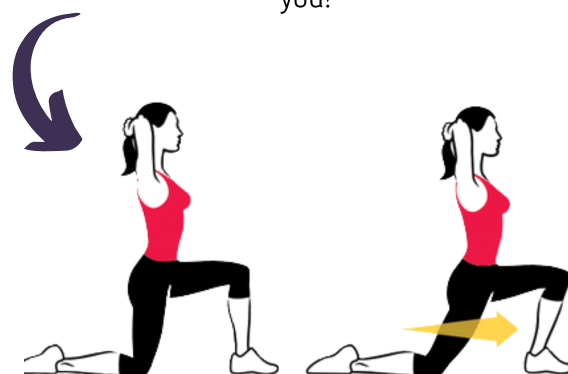
New Years Day | Jan 1

Winter Session Begins | Jan 2

Musical Theatre & Drama Workshops | Jan 7 - Mar 3

National Hot Tea Day | Jan 12

Stretch of the Month

Whether you're a dancer or a parent, this Hip Flexor & Quad Stretch is for you!

Counteract the negative effects of sitting for long periods of time with short movement breaks and simple stretches this one!

TEACHER SPOTLIGHT: *Briana Bayliss*

Introducing returning teacher Briana Bayliss! She has been working at Gotta Dance Inc. for five years, but before she began teaching, Briana was a dancer in our competitive program from 2005-2011! She currently teaches recreational and competitive jazz and acro classes.

I am fortunate to have been placed on the path of teaching long before I realized that teaching is my passion.

Throughout this journey, I have discovered that I feel most fulfilled when I can participate in and contribute to the growth of young people. I pride myself in creating a space for students that is inclusive and educational.

I recently received my degree from University of Toronto, where I specialized in English Literature.

I am planning to continue my studies in the years to come with teaching as my main focus.

It is truly an honour to be a part of the growing Gotta Dance community. We are a family of both students and teachers who are constantly learning and growing! For this reason, Gotta Dance Inc. has become a home to me, and I am thankful to be a part of such a wonderful team!

SELF-CARE CORNER W/ ALBETEL

Calling on all dancers and parents who feel sore after a workout or an activity-filled day to try **Contrast Hydrotherapy**!

Jump in the shower and start off with hot water. After 30 seconds, turn the tap to a cooler setting for 10 seconds (the water should be at least 10 degrees cooler). Continue for 3 more rounds of contrast hydrotherapy and end your shower on the cooler setting. Your muscles will thank you in the morning and muscle soreness will not be something to think about!

Tag us on Instagram (**@gdigottadance**) with your favourite self-care tips, tricks, and practices!

Self-care means you have to nourish to flourish!