**Homepage:**

**Ballroom Dancing**

**What we do**

At Ely Wellbeing, we teach people, even those with "two left feet" to dance to music and on time. Whether you have never danced before, an improver or an experienced dancer, you will find dance tuition suitable for your needs. We have dance classes from your first fun steps on the dancefloor to intensive training in various styles like Ballroom, Latin-American, Salsa etc.

**Our Teachers**

Our teachers at Ely Wellbeing have had full professional training and/or performed at the highest level in their particular style. The quality of dance lesson witn the class is very important to us and the dance service is known for the professionalism and quality of its staff. We have male and female teachers and instructors enthusiastic about their work.

From the start, we aimed to give our customers the best training, and with this, in mind, we have hand-picked out teachers in every style.

Evan Jeposa is a very distinguished dancer with over 10 years’ experience. His Ballroom & Latin career covers Amateur competitions in UK, Russia, USA, South Africa, France & Germany.

All our Courses and Classes are run by current or former dancers, performers or competitors.

We pride ourselves on expertise and knowledge of our staff.

**Classes**

**Ballroom and Latin-American:**

We offer Ballroom and Latin dance classes for adults, from total beginners to advanced dancers. Learn basics, build up your skill from elementary to advanced routines to a variety of rhythms. Start with Waltz, Tango, Social Foxtrot, Cha-Cha-Cha, Rumba & Jive, followed by Quickstep & Samba for Improvers.

**Workshops:**

In-depth knowledge, Ballroom & Latin technique, helpful hints, tricks of the trade. Further info & bookings: Facebook or in person with your teacher.

**Wedding Dance Lessons:**

We can choreograph a beautiful first dance to your chosen song, remove the stress associated with a first dance, and make it look unforgettable for you and all your guests.

 You've Planned Every Detail of Your Wedding Don't Leave Your FIRST DANCE to Chance! We Can Help You Prepare and Have Fun Doing It!

**Private Lessons:**

We offer private lessons to individuals or couples. Private lessons is a focused session and the best way to achieve results in the shortest time. You set the pace of your progress, as all attention is solely on you. If you wish to accelerate your dance learning or to catch-up with something you've missed, you can have one-on-one tuition at a time which suits you.

**SHOP**

Gift vouchers £10, £20, £50

BOOK PRIVATE LESSON - £57

BOOK GROUP LESSON - £32 / month for four 1-hour lessons per week

BOOK A PAYG LESSON - £15

Ballroom Dance Video Lessons

* Pre-Bronze / E-Class (Waltz, Tango, Foxtrot and Quickstep) - £17
* Bronze / D-Class (Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep) - £27
* Silver / C-Class (Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep) - £37
* Gold / B-Class (Waltz, Tango, Foxtrot, Viennese Waltz and Quickstep) - £47

Full Ballroom Dance Video Package - ~~£128~~ £47 (63% discount)

Latin American Dance Video Lessons

* Pre-Bronze / E-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £23
* Bronze / D-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £33
* Silver / C-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £43
* Gold / B-Class (Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive) - £57

Full Latin American Dance Video Package - ~~£156~~ £67 (57% discount)

Ballroom / Latin Combo Video Package £284 £97 (66% discount)

**FAQ**

**Frequently Asked Questions**

**How much is a Ballroom & Latin Course?**

We run a monthly 4-week course at £32 that can be cancelled at any time. This includes two, 1-hour dance lessons per week on Wednesdays and Thursdays; one Latin and one Ballroom dance are learnt and practised during the month.

**Do you hold Taster Sessions?**

Yes, twice a year and it is announced on our Facebook page, ‘[Ely Ballroom Dancing.’](https://www.facebook.com/ElyBallroomDance/)

**What happens at Workshops?**

When workshops are advertised, we will highlight the dance and level it will be taught. It is a technical class where you will learn additional techniques to improve your dancing.

**How Do I Pay?**

You can pay online …

**Can I pay on the day?**

To enable us good continuity of lessons, all subscriptions have to be pre-booked at least 24hrs before the start lesson of the month.

**Can I Pay As You Go?**

Yes. It will cost £15/lesson.

**What happens if I miss a lesson?**

We learn and practice one Latin and one Ballroom dance for the month, allowing you to catch up on any missed information. It will be easy to catch up. However, it is not refundable nor transferable.

**Can I cancel or move my lesson?**

Yes. You can move or cancel a private lesson if you give us at least 48hrs notice.

**What attire and equipment do I need**?

Shoes that are comfortable and casual clothes are quite sufficient for Levels 1 & 2. We recommend dance shoes from Level 3 onwards.

**Do I need a partner?**

You do not have to bring a partner, as a lot of learning is done separately. You may be partnered by someone in the class or an assistant.

**Will I have to swap my partner (husband, boyfriend) with anybody else?**

No, you will not. If you come as a couple, you will stay together for the entire course.

**NLP Coaching**

I integrate NLP Techniques with my coaching style to help you overcome the challenges that hold you from achieving your strongest desires.

NLP techniques: If you've got the desire and a "strong why" to be different, then you will! It's you that has the ability to make this transformation, drawing upon what's already within you and resources that you merely have to access.

NLP creates remarkable results by using 'how' your brain constructs thoughts to facilitate big change. During this adjustment, I'll guide you employing a combination of advanced, proven Neuro-Linguistic Programming (NLP) techniques, conversational coaching and hypnotherapy to collectively work with your conscious and influential unconscious. This creates long-lasting, profound changes which will enable you to break free from your perceived limitations and transform your future.

The issues that these coaching techniques can help with are endless, so please contact us to speak further about how we will help examine many of the foremost common areas we help with.

My Commitment to you;

I will:

• Provide the very best quality, best value coaching and treatment which brings quick outcomes, allowing you to discover your true you and who you'll become

• Help you accomplish your full potential and to fulfil your goals

• Guide you during a caring and trusting environment towards fresh new insights, learnings and resolutions, leading you to lifelong change and emotional freedom

• Empower you with the tools, beliefs and skills so you'll continue growing

• Offer you my best, as that is what you deserve

• Provide a secure, confidential, ethical and unbiased service, respectful of you as an individual, alongside your needs

• Deliver our services to the very best standards through continual training within the most up to date and advanced techniques

• Deliver exceptional professionalism every time

• Care about what you think, have to say and want to do with us, allowing us to place your values and wishes into the guts of what we do

Why Me:

I have committed myself to learn from the leaders in my field and am a totally qualified Life Coach, Hypnotherapist NLP Master Practitioner and NLP Trainer. I'm fully insured and accredited with professional bodies and abide by their code of ethics.

My clients have included creative professionals, entrepreneurs, small business owners, public sector workers, nurses, to call a couple of, meaning I even have worked with people from all walks of life and coached them through an enormous sort of circumstances. I even have the talents and adaptability to change to a suitable method for your requirements since I'm specialising in various areas.

I have purposely studied with several top trainers worldwide to realise the greatest knowledge to offer you the finest service. I run workshops, training and a training group alongside continuing to reinforce my very own expertise with ongoing study and development. I passionately believe the very best standards of care and delivery to you and recognise the importance of my very own development to enable this. I even have used and experienced the powerful transformations in my personal and business life first-hand, which inspired me to share these easy, life-changing skills.

How it works:

It sounds a touch corny, but I actually care about you and your needs and am hooked into getting the results you would like. My style is usually in line with this outcome for you and that I will go wherever I have to with you to assist you in getting this. We're in it together, all the way. At the same time (and in fact, as long as appropriate) I would like to make it as pleasant, exciting and enjoyable as you would like it to be! I think of the partnership as a friendship of mutual trust and respect, so you'll certainly expect compassion, empathy, humour, honesty, and infrequently tough love and purposeful provocation when helpful!

I accelerate your changes through considered, purposeful questioning, conversational change techniques alongside using tools and therapies carefully tailored to realise insight into the basis of your issue so that you'll venture beyond the boundaries of your problem. Unlike some therapies that are working consciously and cognitively, most change must occur unconsciously, and it's here most folks grind to a halt.

Our sessions will often seem simply conversational, but I'm working with you both consciously and more importantly unconsciously to make the change. Many of my clients depict it like 'having a chat' however, challenges 'totally shift'. I even have a really educational approach that can be reinforced by resources and knowledge out of sessions and as agreed actions to use what we've covered. I even have found the more you understand about 'how' you're doing what you're doing and 'what' to do to differently, the more you'll take hold of it on your own now, and within the future. We'll purposefully and positively create new thought processes and changes together, in line with what you would like for yourself. You'll be given videos, audios, worksheets and knowledge to assist to DIY!

Areas of speciality

• Increase your confidence and self-worth

• Transform limiting beliefs and become empowered

• Gain emotional freedom from unresolved traumas/childhood issues

• Master your anxiety

• Overcome your fears and phobias

• Change unwanted behaviours

• Eradicate habits

• Reduce stress

• Speak confidently and eloquence publicly

• Regain control from panic attacks

• Control and eliminate anger

Button BOOK FREE INTRODUCTION SESSION (30 MINUTES) Button BOOK PRIVATE SESSION  Button BOOK GROUP SESSION

**Reiki**

Reiki consists of two Japanese words – Rei, which means "God's Wisdom or the Higher Power" and Ki (Chi) which is energy or "life force energy". So Reiki is in essence "spiritually guided creation power."

A treatment feels like a beautiful warm glow of energy that moves around and through you. Reiki treats the person holistically including body, emotions, mind, and higher self, stimulating relaxation and feelings of peace, security and wellbeing.

Reiki is a gentle, essential and safe method of energy healing and self-development that anyone can employ. It's been effective in helping almost every known illness and ailment and always creates a beneficial result. It complements other medical or therapeutic techniques to relieve side effects and promote recovery.

A straightforward technique to learn, Reiki's ability is not taught in the usual sense but is conveyed to the learner during a Reiki lecture. This process is called an "attunement" given by a Reiki master. It allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance life quality.

It does not matter what your intellectual capacity or spiritual development is and, therefore, is out there to everyone. It's been successfully taught to thousands of individuals of all ages and backgrounds.

While Reiki is spiritual in nature, it's not a faith. It's no dogma, and there's nothing you need to believe when learning and using Reiki. In fact, Reiki is not locked into belief in the least and can work whether you believe in it or not. Because Reiki comes from God, many of us find that using Reiki puts them more in-tune with their religion's experience than only an intellectual concept.

While Reiki isn't a faith, it's still important to live and act to develop harmony with others. Mikao Usui's Reiki system of natural healing recommended that one practice certain simple ethical ideals to market peace and harmony, nearly universal across all cultures.

Reiki Healing may be a therapy often described as palm healing or hands-on-body healing. A practitioner gently hovers their hands over or places it on a patient's body to facilitate the patient's healing process.

Distant Healing – is like healing energy "sent" across time and space and features a healing effect on the recipient. With this sort of service, you do not need to be physically present with the healer to receive the healing. A practitioner can send healing over the phone or at a special time put aside or prescribed between you and therefore the practitioner.

Benefits:

1. Reiki healing reduces stress and tension, relaxes muscles and smooths out mental/emotional pressure. This is often the immediate effect of a Reiki healing session.

2. Reiki can lessen pain and soreness, and relief is often manifested within minutes of applying Reiki hands-on the affected area/organ.

3. Reiki can help dissolve negative mental blocks in people of all ages and allow you to accept life's realities. It facilitates self-acceptance and to love ourselves for what we are.

4. Reiki can help shield our mental-emotional faculties from reacting negatively under harmful influences and within the face of unfavourable situations. It creates a clear mind and allows you to make firm decisions. It builds inner confidence and therefore, the capability to form the foremost of what we have!

5. Reiki sharpens the intellect. It can help one to ascertain with more clarity.

6. Reiki can help mend relationships. It does a tremendous job at rekindling love, acceptance and understanding between individuals within days of normal Reiki healing, albeit the parties involved are unaware of it! Reiki healing works unconditionally, so it might always work towards the very best good of all the parties involved.

7. Reiki energy regularly sent to a future event like marriage/graduation/any other important situation or function helps complete an equivalent.

8. Reiki sharpens our intuition or insight and deepens our spiritual awareness. For those that are spiritually inclined are likely to experience amazing spiritual advancement with regular Reiki healing.

9. Reiki brings reinstated peace, harmony, mutual affection, cooperation and accomplishment within a gaggle of individuals, whether it's a family, a team, workforce, professional board, committee, class or association working for a standard cause.

10. Reiki re-establishes physical, mental, emotional and professional wellbeing. It brings a wave of positivity which will be distinctly experienced by everyone enjoying the privilege of receiving the life force either directly, or from a distance.

Button BOOK PRIVATE SESSION  Button BOOK GROUP SESSION

**Breakthrough Sessions (2 Day Intensive NLP Coaching)**

**Seminars**

**Speak it to achieve it! (90 minutes)**

**Expect to Succeed (2 days)**

**NLP Practitioner Training (7 Days)**

**NLP Master Practitioner Training (14 Days)**