

What our students say . .

It's very physical and expressive – when you get it, it's exhilarating.

Miriam (Grown Up Contemporary Dance)

Kim has a unique approach to teaching movement that uses the body's natural intelligence to create ease and space within and allows energy to flow - the release of my body and feeling of wellbeing continues beyond the session - like magic

Sonya (Grown Up Contemporary Dance)

Our Silver Swans class is a great way to start the week. We work hard at exercises to strengthen feet, legs and core. Everything we do is to prepare us for more challenging moves that require strength and balance as well as grace and expression. We have fun too as we laugh at our shortcomings! Diane is very positive and supportive, she explains things very well and helps each of us to improve.

Karen (Beginners Ballet)

All I can say is that I absolutely love the Monday class. I think it may be the first time I have actually looked forward to a Monday morning! Your teaching style is just perfect for me, and I feel that I have already learned so much. Each week I leave class just smiling and singing inside. I look forward to learning much more and improving week by week. Thank you!

Olwyn (Beginners Ballet)

I started Ballet classes with Diane, in order to develop strength and flexibility. I have confidence in her respect and care for other people's bodies and safety and I am continuing to improve. Diane's incredible knowledge of anatomy and one to one support means that we have all learned things about our own bodies that we would not have known otherwise, and I have been able to correct a painful ankle condition, simply by a shift in where I put my weight."

Jane (Beginners Ballet)

I signed up for Kim's initial beginner level 6 week MotionFlow class, with the aim of learning some new techniques and increasing fluidity of movement. I felt that I would not have the time commitment to be able to continue the class on an ongoing basis, but it was so good, I had to carry on! I find it so very challenging, but Kim has taught me new ways to move and I am developing a new affinity with the floor. I could have made the excuse that my wrists are too weak to support me in this form of movement, but, in fact, they have risen to the challenge and are increasing in strength.

Jane (MotionFlow)

Diane's great at explaining exactly how to do things and spotting individual needs. Very structured – you work on the same set of exercises each term, so you have a chance to develop.

Miriam (Elementary Ballet)

I never expected to be able to do this; Diane's helping us do it safely.

Miriam (Pointe Class)

Learning Broadway Tap as an adult has been a joy, pure and simple. I was quite nervous about starting dance classes in my 50s but Diane has made me feel comfortable every week and we have made great progress! Every week we learn something new - at a pace that suits. I thoroughly look forward to our weekly class and will definitely be back for more in 2019. Thank you!

Liz (Broadway Tap)