

Kundalini Rhythms Dance Facilitator Course 60hr online.

How is this course structured:

The first course described here is a group course which is offered entirely online because of covid-19 restrictions. The classes are delivered online. Recorded classes will be sent to your inbox once a week starting on December 9th, 2020, and every Wednesday. Our live online classes will be offered once a month on zoom. These classes are not optional, you must attend them. If there is an emergency, where you absolutely can not attend, you must contact Simona and schedule to make up the class. You will receive assignments, such as creating short qigong dance movements, an opening prayers, drills, and sequences on specific topics. You must send videos of your homework to Simona to receive feedback, corrections, and encouragements :-)