

Hello. This is a reminder that you're receiving this email because you have expressed an interest CTS Bellydance. Don't forget to add Robin@DrRobinJohnson.com to your address book so we'll be sure to arrive in your inbox. You may unsubscribe if you no longer wish to receive our emails.

[View this email in your browser](#)

CTS DANCE NEWS HEADLINES - AUGUST, 2021



*Life is not about waiting for the storm to pass,
but learning to dance in the rain.*

Vivian Greene

*It's been quite the year!
Things are still in flux
and still we dance!*

THE CTS DANCE WEBSITE HAS BEEN COMPLETELY REVAMPED.

It is now a great resource for CTS Dancers. Plus there is a lot of free information. And we made the CTS workout videos available to all. We also added a gallery with performance videos and pictures. Go to www.CTSBellyDance.com to check it out. If you're a CTS dancer, please contact RJ (Robin@DrRobinJohnson.com) or your teacher. Be sure to provide your first name and email address to get the password for the Instruction videos. There are over 200 videos uploaded to support your CTS Dance practice. We can reminisce and practice from the comfort of our homes even when we cannot be together in the same physical space.

RJ TEACHING CTS LIVE IN THE COACHELLA VALLEY

Dr. Robin is teaching classes on Tuesday nights at 6:30 at Starlight Dance Studio on El Paseo in Palm Desert for the month of August. In September I'll start teaching CTS on Monday nights at Crystal Fantasy (5:30) on Palm Canyon in Palm Springs; and Wednesday nights at Dance Dimensions (6:30) in Palm Desert. Walk-ins welcome. Email me - Robin@DrRobinJohnson.com - for additional details.

PAM IS BACK TEACHING CTS LIVE IN RIVERSIDE AT SOURCE STUDIO. She teaches CTS Core on Mondays at 5:30, and CTS Intense on Wednesdays at 7:30. Text Pam at 951.313.5240 for details.

RJ AND PAM TEACHING NEW MOVES AND GROOVES. Just because there was a pandemic, it didn't mean we stopped creating CTS combinations and routines. We will be teaching these "New Moves and Grooves" on Saturday mornings via Zoom. These classes will be open to all. Stay tuned for details coming soon.

WOMEN'S WISDOM WEDNESDAYS WITH PAULETTE REES-DENIS AND DR. ROBIN. Paulette - founder of Global (Gypsy) Caravan - and I are coming together as dancers, teachers and coaches to explore women's wisdom in a series of classes open to anyone who identifies as a woman – anyone who wants to explore women's ways of being. Together, we all will examine a range of topics including Creativity, Mindful Movement, Journaling, Power and Pleasure, Self-Trust, Transformational Listening, Living your Values, Connections and Community, Women's Wisdom, Desires and Dreams, Archetypes, & Creating Everyday Magic. Classes start September 29th at Mizell Center in Palm Springs - 4 to 5pm.

Stay healthy and kind. Sending cyber hugs to you <<First Name>>!

Peace,
Robin J.

Copyright © 2021 Robin Denise Johnson, Ph.D., All rights reserved.

Want to change how you receive these emails?
You can **update your preferences** or **unsubscribe from this list**

