

**Welcome to the very first KaSo Newsletter!**

Over the summer we realised that we had so much that we wanted to tell you about (and you know how much we like to talk) that we decided to put everything together in a monthly newsletter.

So this JAM-PACKED new term is starting off with the very first KaSo Korner, a collection of news, information and some smiley bits too.



We are really pleased to be starting off the Autumn with a bang! Over the summer we have developed all new ballet and tap classes, some great new Zumba® routines and we are enjoying introducing our clients to fresh new versions of our very own KaSoTonic™, KaSoTonic™ Light and KaSoTonic™ Gold which go from strength to strength. Saturdays with our lovely KaSo Juniors have just kicked off too and it's so lovely to be welcoming some new smiles to Ballet, Tap and Modern this term.

Just some things happening this side of Christmas...we can't wait to take part in **Santa's Parade in Aylesbury**, to party the night away at our **Country and Western Night** (see over), Tap our hearts out with **Derek Hartley**, provide enrichment **Dance Clubs** to the lovely children of Berryfields School and Buckingham Park, provide the entertainment for the **Polka Dot's 10th Anniversary** and teach some gentle exercise to the residents of the **Freemantle Care Home in Stoke Mandeville**.

**See over for some REALLY exciting KaSo news...**

**Musical Theatre Magic!**  
**Thursdays in Thame 5pm**  
**@ Lord Williams' Lower School**

Children are being taken through a range of skills-based games and workshops which challenge body, mind and imagination. They will develop musical theatre skills in singing, dancing and acting and this term they will be preparing for a performance in Santa's Parade in Aylesbury.

We base each half term's work on a section from a particular musical, so children will experience a range of styles and have a constant frame of reference from professional repertoire. This is a great way for children to learn teamwork and boost confidence.

**And now our Musical Theatre class is open to children from 7 up to the age of 14.**

**Derek Hartley Tap Workshops**



We are so looking forward to Derek Hartley, a professional dancer & choreographer with over thirty years experience, coming to Berryfields by special arrangement with KaSo. More than 50 tappers from our own studios and beyond are looking forward to this fantastic opportunity to spend time with a man who

has a glowing reputation for innovation and design, reflected in his work for film, television & theatre. Hugest thanks to Lizzie for organising such a treat!

**Workshops are this Sunday 21st September.**

*We could still sneak in a few people so do get in touch today or just drop down tomorrow if you'd like to work at the feet of a true master.*

Beginners/Improvers - 10:00 am to 11:15am

Intermediate/Advanced - 11:15 am to 12:30pm

Price is £15 per class - Refreshments provided

### Tap into Thame!

Thursday nights in Thame ring out to the sound of synchronised feet.

Lizzie has changed the timings to squeeze in a new class to Thursday evenings...

For those who fancy a go at Tap there is now **Absolute Beginners** for adults which takes place at 6pm.

Then there is **Intermediate Tap** for those who need more of a push than Kate's **Improvers** class at 7pm. And finally for the fleet of foot there is the **Advanced** tappers class at 8pm.



As always classes are £5 and you can pay as you go.

### Reach for your Stetson!

KaSo Studios have built a reputation (or is that notoriety!?) for putting on an awesome social night.



We've done Gangsters, we've done Latin American so we realised that next we had to go West.

On Saturday 15th November it's time to saddle up and mosey on down to **Long Crendon Village Centre** for our **Country & Western Night!** All proceeds are going to the social centre which we are helping to save from closure. Come with friends from your class, make new friends, have a brilliant evening filled with laughs and smiles and maybe learn a few new dance moves with the **KaSo Studios Posse!**

**Tickets are £20 which includes membership to the Long Crendon Social Club until April 2015, food, live music and much more! Numbers are limited so get your name on the guest list by talking to Kate, Sophie or Lizzie.**

### BOX FIT is BACK!

Box Fit for Adults with Sophie is now at Aylesbury Vale Academy in Berryfields on Saturdays at 12.30pm.

What better way to let off some of the steam that has built up over the week and do yourself some good in the process? Come on down. Everyone welcome.



### Your Turn to Talk...

KaSo Studios have always wanted to grow a supportive, friendly community of all ages, abilities and backgrounds who learn and develop together. Whilst teaching, your KaSo tutors recognised that many people wanted time to talk about their lives which was not always available during a class. As a result of this they've spent the past year developing a new service for their wonderful clients.



KaSo is delighted to be launching an on-line counselling service. Working with Philip Andrew, a psychotherapist with over 20 years of experience, clients can now access an affordable, friendly and effective online counselling service.

KaSo clients will now be able to book on-line sessions (using Skype) with Philip from the comfort of their own homes and following the KaSo Studios ethos they will not have to commit up front, they can pay as they go and each session is a manageable length of 30 minutes so they can fit it around their day. KaSo tutors will have leaflets which explain the simple process of getting started or head to [www.euphrasia.eu](http://www.euphrasia.eu) for further details.



### A New Face in the New Year

Early next year there will be a new staff member joining KaSo, although they won't be taking an active part in classes for a few years yet...

...the exciting news is that Kate is going to have a baby! We are not sure if it is a part of the KaSo plan to have truly 'home-grown' tutors yet but watch this space :-)

Congratulations to Kate and Andy, all suggestions for baby names will be gratefully received! Congratulations also to all our clients who have had babies, married, moved house, got new jobs, raised money for great causes, moved up in classes, lost weight, made a difference to another. You are all incredible and we are so proud to be your friends.



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Call us on 07989 205 498

