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Thank you, thank you!

It seems that our first ever edition of The Korner went down really well, you have been saying some lovely things about it so thank you. We have another edition now packed with news & smiles so without further ado...

...the doers!

We are so proud of all our clients who come to class – to get fit or stay fit, to try a new dance style & hopefully to have a weekly dose of fun amongst friends. You are simply a JOY to be around! This month we would like to give a special mention to those KaSo-ites who double, triple or even quadruple up, to those who bring offspring, parents and spouses, to all who recommend us to your friends. Your support is our most valuable marketing. Thank you again! *(Kate is pictured above with our lovely Barbara Fell who is now doing KaSoTonic Light rather than Gold. Well done Barbara!)*



Country & Western Night Nov 15th

7 pm - late
£20 for non-members
(entry includes:
Food, live music, DJ,
Dance sessions,
Club Membership
until April 2015
& lots more!!
Members £13

PLACES LIMITED
Entry with valid
ticket only

All proceeds go to the Long
Crendon Village Association
(registered charity) to keep our
centre open! To grab your tickets
call Sophie on 07989 205 495 or
e-mail Sophie@kasostudios.co.uk

At Long Crendon
Village Centre

Just a month to go & tickets selling fast. Grab yours by e-mailing sophie@kasostudios.co.uk. We can't wait it's gonna be a BLAST. Yeeeeeehaaaaaaa!



KaSo Kommunity

You may have heard that we are working hard with the Long Crendon Village Association to keep the Long Crendon Village Centre open & to develop a Health, Arts & Community Education centre for the local community & beyond.

We would LOVE to hear what's on YOUR wish list. Suggestions so far have been superb, from an onsite nutritionist, chiropractist & crèche to... wait for it...a dating agency. Boom! Please come on down to the centre to chat with us on Sunday 19th October from 10am until 5pm. Refreshments served all day & KaSo taster classes on offer throughout.



Welcome to the KaSo team!

We are growing (in more ways than one! ed)

You may be noticing a few faces popping up more regularly at KaSo classes. This is because we have some 'Instructors in Training' (don't that sound grand?) to add their wealth of expertise & enthusiasm for fitness & dance to the KaSo family. We are delighted & feel so lucky to have such talented, brilliant & all round lovely people to work with & so would like to formally welcome: Lizzie Constantine (now teaching more for us than ever!), Nikki Thompson, Gavin Williams, Vicky Studd & Sophie Cockrayne onto the team. They are going to help us cover Kate's maternity leave and launch some new classes too. More about them to be revealed in the November edition of KaSo Korner...watch this space!



SANTA'S PARADE

November 30th is going to be a Sunday morning worth getting out of bed for and ALL of our Kaso juniors are invited to take part! We will dress festively (there may be tinsel!) & join the Christmas parade that takes Santa to his grotto in Aylesbury's main shopping centre. There might even be the odd cheeky carol!

We need lots of parents walk alongside the parade with us and join in, the more the merrier! Please let Kate, Sophie or Lizzie know if you can be involved so we can get a sense of numbers.



...while we're on the subject
Introducing professional dancer Jennifer Yaxley, who we are lucky enough to have as a regular client at our Adult ballet in Thame. Jen is trained in ballet, tap & modern dance styles to name but a few & has worked professionally in the theatre industry for several years.

We are delighted that she will be hosting a series of exciting & interactive dance workshops for our juniors on the last Saturday of term (13th December), in the main hall of the Aylesbury Vale Academy.

KaSo juniors classes will have a chance to participate at the time of their regular KaSo classes. It is going to be a lovely treat for the end of term & we are so grateful to welcome Jen to KaSo. Wednesday Juniors are most welcome to join too. Parents are invited to watch & festive refreshments will be served. Ho Ho Ho!

A Tap Storm!

On Sunday 21st Sept, more than 40 tappers from the KaSo family & a number of local dancing schools woke up the entire Berryfields estate with their joyful hoofing. Tapping legend Derek Hartley paid us a visit, delivering two dynamic & different tap workshops:

Here are some thoughts from the day from the gorgeous Camilla Fraser:
"Amidst much hilarity I learned a great deal during Derek's advanced tap workshop. Many of us had come straight from the Beginner's workshop and the pace stepped up a level but not intimidatingly so. None of the steps Derek used were difficult at all, what made it so interesting was the way he played around with the syncopation and really made us think about the music, the steps and what we were doing with them both. Although I admit there was a section of the routine that I didn't get at all and still haven't worked out, I still enjoyed myself enormously and was able to relax into it enough that I felt as if I could really let myself Dance it! All I want to know is when can he come again?"

And our beautiful Corinne Onley said:

"Bright and early on a Sunday morning (ouch!) a collection of keen and eager tappers are ready to be taught by a master of tap and rhythm. Derek begins by explaining his approach to tap; he starts with the music, finds the rhythm and then adds the steps. It is not about how complicated the steps are, it is about the combination and the rhythm. He really did highlight the fact that Tap is all about the music! It was brilliant to see people of all ages really getting stuck in and it sounded great to hear all those tap shoes taking on the challenge!"

Well done to everyone who took part, thanks to Derek, Berryfields School & to Lizzie for getting so many lovely tap fans together (check out the video on our [KaSo YouTube Channel](#) delivered to us by www.affordablevideo.org).



Dancing goes green

Do you have any unwanted or outgrown shoes & dance wear? Please bring along anything that you no longer need & we will label & display them at our Saturday class. We will also let our weekday classes know what we have.

You might make a few quid back on your 2nd hand dance items & someone else in the KaSo family will be very happy not to be paying high street prices!

Diary Dates

- Adult classes run through half term as normal
- There are no Saturday classes at Berryfields on 1st November, back to normal on the 8th
- There are no evening classes in Wheatley on Monday 3rd November
- Saturday 15th November – Country & Western Night - Tickets are selling fast so grab yours now in class or email us.
- Sunday 30th November – Santa's Parade, Aylesbury Town Centre
- The last Saturday class before Christmas is 13th December and the first Saturday in the new year at Berryfields is 10th January
- The last day of the KaSo term for all adult classes is Thursday 18th December and classes resume on Monday 5th January