

SUPER COOL NEWS LETTER

DANCE, LIFE AND UPDATES AT BYFIELD DANCE EXPERIENCE



DECEMBER 2012

The No- Workout Workout Plan

How Dance Keeps You In
Tip-TAP Shape (Page 2)

Sharing Is Caring

Celebrate Your Holidays
& Give Laughter, Health
& Friendship (Page 3)

News You Can Use

Don't Miss These
Upcoming Classes,
Workshops & Events
(Page 4)

Social Media

Where You @? See Why
BDX Is #TeamAwesome
(Page 4)

Inside the Mind of the ConfIDANCE Coach

By Shawn Byfield

Happy December! Here's a favourite quote of mine by the ginger billionaire himself:

"There are two types of people: Those who take action, and those who let opportunity pass them by. Which one are you?" - Donald Trump

An appropriate reminder for the END of the year, rather than the beginning of 2013. Because we CAN still put action into whatever it was we said we'd do THIS year.

I hear it all the time. "I can't start because I'm waiting for the new year. I can't because I want to see what other people will do first... I can't* because it's too hot out... or too cold out/ or too early/ or too late/ or when I get better/ or I gotta do this thing first/ or I'll do it tomorrow/ or..."

Damnit. I really dislike that "C" word. So much that I just kinda swore. Yes, you CAN! Baby steps are better than NO steps at all. Just try something. Especially now. Remember when you said you'd wait until later this year to start? Well guess what? That "later" in the year you said you were waiting for is on your doorstep. Chillin. Waiting for YOU.

I recently accomplished a personal feat that I'm proud of: This summer I felt I didn't have the presentation skills I'd need to captivate a large audience (500+ people) and keep them entertained, even though I've taught very large groups before. So I registered for a private presenter training course over the summer. To fulfil my mission to help more people, I'll need the skills to communicate on larger platforms.

Cost me equivalent of two months' rent for a large one-bedroom apartment in Rosedale. (Hey, I like it out here. There's trees. Like REAL trees)

A few weekends ago, said course took place. Three days of work. I don't mean sit in a room and take notes here and there, nod your head and have "aha!" moments. I mean WORK. Gruelling 14 hour days, working through lunch and dinner perfecting our presentation skills by understanding and applying the system, communication techniques and psychology that today's generation of incredible motivational speakers and success coaches actually use in groups of THOUSANDS of people. Was it (continued on page 3)

The No-Workout Workout Plan

How Dance Keeps You In Tip-TAP Shape



David Cox with tap dancers at BDX

Fred Astaire, Eleanor Powell, Sammy Davis Jr., Gregory Hines, Gene Kelly, Nicholas Brothers, Ginger Rogers... For years famous tap dancers graced stages and screen (and still do, obviously) with their hot footed routines and dynamic tap dance choreography.

Tap dance can be elegant and classy, or gritty and hard hitting. But regardless of how you hit the wood, tap dancers make it look easy.

But it ain't! And ain't that the truth. Hoofers sweat like a mo-fo. But did you know tap dance is an excellent alternative to the gym? Our thighs burn. Our calves are sore from the constant stretching and flexing. Our core is engaged for balance and quick weight transfer.

Basically, tap dancers use the exact same muscles are used in professional football and soccer athletes.

But as a dancer, you need to make it look effortless. That requires serious focus, burning determination and endurance to keep up with the cardio component of a tap dancer's in studio training. And here's the best part:

Not only are you exercising your body, but tap dancing also exercises your brain. With all the steps you need to remember, musicals skills and ear training, plus the incredible Tommy Lee rock drummer-esque coordination required from all limbs, tap dance proves to be a terrific mental workout that helps improve memory, develops rhythm and fights off Alzheimer Disease. Think of tap dancing as a real life, moving Mensa puzzle.

So how do you tap into better health? Drop in tap dance classes happen twice weekly: Tuesday evenings and Saturday afternoons. Get the schedule here:

www.BDXstudio.com/schedule

Absolute Beginner tap dance sessions are available in the new year as well, so make sure to visit the website to learn more about all the tap dance classes offered at Byfield Dance Experience so you can get in to tip-TAP shape.

Inside the Mind of the ConfidANCE Coach (Continued from cover)

...worth it? Absolutely. So now I've added one more secret weapon to my skill set. If I didn't make a decision to just sign up, I'd still have that doubt lingering somewhere in my head, serving no purpose. Speaking in front of hundreds and thousands is something I'm interested in. I do want to become a better speaker, person and listener. So what was holding me back?

It was me, getting in my own way.

This wisdom Donald was talking about, opportunity- is only gonna stick around so long.

Just like the scent your tacky knit holiday sweater absorbs when you sit in a Starbucks for more than 5 minutes (you know that horrid smell, ground coffee mixed with overused furniture and stainless steel polish) - eventually, just

like opportunity, it disappears. Not gone forever, just transferred to someone else willing to seize it. So...

Whether it be taking our Dance Workout class that'll help you shed a few pounds each week, starting a new biz venture guaranteed to make you a fortune down the road, writing that first chapter of your novella, starting your community group or charity organization that will change lives, whatever it is. Just take a baby step in a direction. ANY DIRECTION. Oh and side note:

The losing weight bit? Totally true by the way. People are using dance as exercise and loving every minute of it- PLUS loving the results. Need to tone up? There's no nice way to say this, because time is almost up. Come get your ass in gear.

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step." - Martin Luther King Jr.

Because moving forward is almost always better than standing still. You can DO this! Before 2012 is over! Even if you took ONE step, you still have bragging rights. Why?

Because you decided to start. I believe you CAN. If you want to win, get on the starters block and enter the race. I'll help you cross the finish line with a bang, deal?

Sharing Is Caring

Celebrate Your Holidays & Give Laughter, Health & Friendship

I'm sure you agree: Dance is wonderful. Yes?

This season why not share that wonderful, energizing feeling you get from dance with someone special?

You're not just sharing the benefits of dance by the way- yes they'll enjoy better memory, improve their stamina, and learn some hot new moves while doing something healthy for their body...

...You're sharing something even MORE important: Friendship. Laughter. Good times, a creative outlet and a rare gem in the city that gives out unlimited high-fives and Positive Energy!

HURRY! Grab your gifts in person at the studio right away.

Your friends, family and coworkers will remember you as the most thoughtful gift giver in life, ever.
=)

\$50 GIFT CARD

Celebrate Life... Celebrate Dance!

BYFIELD DANCE EXPERIENCE

Have Fun. Make Friends. Get Funky.

819 Yonge Street, Toronto | 416-917-1169 | www.BDXstudio.com

News You Can Use

Don't Miss These Upcoming Classes, Workshops & Events

Get more information IN PERSON at the studio. Make sure you're in class, there's always NEW events.




HIP HOP HOLIDAY!
High School Dance Workshop
Thursday December 27th, NOON - 3pm

Learn from expert choreographer, TV and Film performer (HAIRSPRAY, Turn The Beat Around) & Canadian dance authority **Shawn Byfield!** Get 3 hours of inspiration:

- * Sweet choreography you can keep and use
- * Steps, moves and inspiration to start your 2013 with STYLE
- * Experience Shawn's "No Workout Workout"
- * A private Q&A session- Get your questions answered
- * Bring your smartphone- LIVE TWEETING from the event

RSVP BY DECEMBER 20th & SAVE 20%

If you SERIOUSLY LOVE dance and want a fun holiday dance party, then this is for YOU. **ONLY 30 SPOTS available.** Register NOW:
www.ShawnByfield.com



YES! Even YOU Can Master The Basics And LEARN TO TAP!

You've always wanted to learn how to tap dance... Now you CAN! **Beginner sessions start JANUARY 2013**

*** ZERO * experience needed. Toronto's favourite Beginner tap sessions for ADULTS start now**

AS SEEN ON BREAKFAST TV

Newbies & Advanced Beginners Welcome! Go To: **www.BDXstudio.com**

Your tap coach Rebecca on Breakfast TV!

Visit www.ShawnByfield.com for to register!

Go now to www.BDXstudio.com for info!

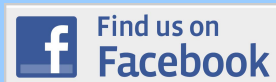
MORE: Saturday Dec 29th, 6pm -8pm "8 Count Switch" Workshop with Hollywood Anderson and Chris Clarke. Donations accepted, talk to Hollywood in person

Social Media

Where You @? See Why BDX Is #TeamAwesome

Like, Friend and Follow Byfield Dance Experience on your favourite social media platforms. Interact, share your photos, RT and join the conversation. Don't be shy!

Read our tweets, see our facebook posts and come discover for yourself why BDX dancers are some of the friendliest, happiest people you'll ever meet. GO #TeamAwesome



www.Facebook.com/BDXstudio



www.Twitter.com/BDXstudio



www.Youtube.com/theBDXstudio