



FAQ's

Is there a start and end date?

- Yes. Look for the next start date under “sign up” at the bottom of the home page.
 - A new session will start every 6 weeks.
 - You will have access to the whole program for 5 weeks in case you want to take any workshops again or revisit other information for a week after the program ends.

What happens after the program is done? Is there an ongoing component?

- Yes! Your dancer will have a couple ways to stay in contact with me and the myDANCElive community..
 - Train with me one-on-one (live or virtually.)
 - Join my ongoing membership community (myDANCEcommunity) where we meet once a week to check in with each other to hold one another accountable for all that we gained during myDANCElive. This will be held on Sundays at \$40/month.
 - Enroll in myDANCElive again! Repetition and accountability are key components of creating powerful habits. Alum's receive a discounted rate.

Are all ages mixed together

- We will be all together for the live chats on Fridays (unless there are over 50 dancers enrolled). This is a benefit for all involved! I love when older dancers can be good role models for the young ones and vice versa. ;-)

What time is the live chat on Friday?

- The live chat will be at 6pm Pacific Friday's
 - If that time doesn't work for you, it will be recorded to watch later. They are interactive so I really hope you can make it, but you can always ask your questions ahead of time and receive the support that you need!

Is there a max number of dancers accepted into the program at one time?

- There will be no more than 100 dancers per session.

Will I get one-on-one time with Sarah?

- Yes, you can schedule a one-on-one virtual session with Sarah to discuss obstacles or get pointers on technique throughout the program. It's offered at a special myDANCElive member rate of \$30/ half hour.
 - You will be able to set that up via a google calendar link that will be sent to you after signing up.

Is everything pre-recorded?

- Yes, other than the live chats on Friday. This way the dancers can do it at the times that work best for them during the day.

What if you fall behind and miss a day or two?

- That's ok. That is one of the benefits of this program. You can do it on your own time. However I have made these videos to be bite size pieces so it shouldn't be difficult to carve out 5-10mins a day to watch them.

Can you use the program on any device?

- Yes, however it's easier to navigate on a laptop or desktop.