



## 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.