



## *What is Oula?*

Oula is an inspiring and super fun dance workout! Oula offers the perfect balance between the 'hip' and the 'hippy' with its structured, easy to follow, fun choreography while at the same time encouraging self-expression and freedom of movement. Because musically, Oula incorporates hip-hop with Hindu and tribal with top 40s, this variety provides a base from which to experience an incredibly broad range of emotion, movement, style and sensation all within one hour.

## *What can I expect in an Oula class?*

Oula generally uses 3-4 movement sequences per song that are cued and repeated throughout the song so that the student can quickly transition from the learning phase to the dancing phase. Each Oula class starts by warming up the body with "feel good moves" that gently bend, fold, curve, and wake up the body to prepare it for the more high-cardio section. This next part of the class not only heightens cardiovascular health, but also lengthens and leans muscles, improves coordination, and enhances creativity. The class ends by taking the energy level back down with some slower tunes, light stretching, and leaves you dripping with sweat, a positive attitude and a confident stride as you walk out the door!

## *Is this class for me?*

Oula is for anyone who loves to dance and get down to good music. It's for people who like to keep their buns firm without having to go to the "gym." Because Oula can be done at any intensity level, it is open to everyone of all ages, experience and mobility levels. Oula helps us to listen to the messages our bodies are sending us, to lose ourselves in the joy and celebratory nature of dance, and to shift our focus from how we "look" to how we "feel."

## *What will I need for class?*

This class is done barefoot, so all you will need are clothes that make you feel *oula-la!* and lots of water! Drop-ins are absolutely welcomed! Because the choreography is easy to follow and cued, you will not be missing out or feel "behind" if you have not previously come to this class. It's all good, anything goes, and it's about having a good time!

## *Why do we dance?*

Oula was founded on the understanding that there is a direct relationship between mind and body and that by being awake and present in the body, we can more fully experience, understand and balance our emotions and thoughts. By combining the powerful, transformative nature of music with movement, we can engage and integrate the body, mind and spirit to experience whole-being wellness.