



### SILHOUETTE NEWS – 9th EDITION

**WELCOME BACK EVERYONE!** Thank you to all those that have sent their booking forms back. To those that have not – you have **until Friday 6<sup>th</sup> September** – HURRY!!! All sessions will start from this **Saturday** and this is for any **NEW** people as well. We are having an open day on Saturday **BUT this is also the start of the term**. We want the new people to see the standard of our work and we want our regulars to make everyone feel welcome. Please read all the information below and here's to another brilliant year!

### YOGA SESSIONS

**If you'd like to achieve all or just some of the following:** lose weight, get strong, combat daily stress, aid digestion and practice some self-care Then why not try Shanti Dharma Yoga?

From classic to restorative, power to HIIT and Yin, some classes fused with Tai Chi, Qi Gong, Dance and Somatic movement, **we offer a large range of yoga styles to suit all ages and abilities**. You will also learn **mindfulness techniques to reduce your stress levels, calm your mind, and aid restful sleep**.

We currently have spaces available for our classes on **Wednesday evening's from 19:45-20:45**. All ages and abilities welcome, no equipment needed.

See my Social media for prices and details:

Facebook – <https://www.facebook.com/shantidharmayoga/>

Instagram – <https://www.instagram.com/shantidharmayoga/>,

twitter – <https://twitter.com/sarahemalka16>,

LinkedIn: [www.linkedin.com/in/sarah-malka-shantidharmayoga](http://www.linkedin.com/in/sarah-malka-shantidharmayoga)

Website: [www.shantidharma.co.uk](http://www.shantidharma.co.uk)

### FINANCE

- Each class will cost **£5.00 for the session**, no matter the length.
- If your child does **three sessions that will now be £15.00 a week**. This is an increase of £3.00 a week (only £1.00 a session!)
- **HOWEVER** – if your child would like to do more than three sessions then we will be contacting you to talk about our expectations of those that do more than three sessions a week. This will be done by a case to case basis.
- If money is preventing you signing your child up for more sessions then **please come and see us**. We are looking at running a **bursary scheme** for those families that need support. We never want finance to be a restrictive factor!
- We will have a **NEW BANK ACCOUNT** as of September and the details are now:  
Name: **Silhouette Youth** Account number: **81996950** Sort Code: **60-15-55**
- You can pay termly, weekly or monthly by cash, cheque or bank transfer. This is to make it easier for you.
- **Please remember** – if you miss a class you **still need to pay for these sessions**. This is the same in every youth theatre across the country.
- **All termly payments have to be in by the 1<sup>st</sup> October 2019**. If you are paying weekly, you will need to pay the practitioner and if you are paying monthly you will need to pay by the first of the month.

### COST FOR THE TERM

- The term consist of **14 weeks** and every class will have **14 sessions**.
- If you have one session a week it will be **£70.00** for the term.
- If your child has one session a week it will be **£140.00** for the term.
- If your child has three sessions a week it will be **£210.00** for the term.
- If you want to do **more than 3 sessions a week** then we will have **individual discussions with you**.
- If you have **siblings** that are doing three or more sessions, then we will also **talk to you on an individual basis**.
- If you are paying weekly, then you **MUST** pay the practitioner at the **beginning or end of a session**.
- If you are paying monthly, then the payment must be received by the **3<sup>rd</sup> day of the month**.
- If you are paying termly then the due date is the **1<sup>st</sup> October**.
- Please feel free to **come and speak to us** regarding any issues that you have.

### ADULT SESSIONS

- We are having our first **ADULT SESSION** (21 and above) on **Monday 16<sup>th</sup> September** from **7:00 pm to 8:30 pm**. **EVERYONE** is welcome, and the first session is **FREE!** Every week we will work on songs, dances and drama from a chosen musical. Due to the intensity of being an adult, you will be able to **drop in to the sessions that you can make**. There is **no stress, no panic, no massive performance** at the end – this is just for a group of adults that want to **destress, sing, dance, act and enjoy themselves**. See you there!

### HOW CAN YOU HELP

- We are having an **OPEN DAY on the 7<sup>th</sup> September** where people can come in for **FREE** and experience a Silhouette session. If you know anyone that would be interested, **PLEASE** let them know! Times are as follows:  
**8:30 – 9:30 am – Year 1 and 2 children.**  
**9:30 – 11:30 am – Year 3 to Year 5.**  
**11:30 – 1:30 pm – Year 6 to 12 years old.**  
**1:30 – 3:30 pm – Teen group.**
- Some of you have said that you would like to help out with **fundraising and volunteering** at Silhouette. The answer is **YES PLEASE**. We are having an open meeting on **MONDAY 16<sup>TH</sup> SEPTEMBER AT 6:00 PM (NEW TIME AND DATE)** and we would love it if you could come along and offer your support. **WE NEED YOU!!!!**
- Bring a friend – if your child has a friend that would like to come along and see what they do then we will have a **BRING A FRIEND** session on **Saturday 14<sup>th</sup> September**.
- We have a fundraising page now and you can find this at: **SHARE – SHARE – SHARE!!!!**

[www.wonderful.org/charity/silhouettheyouth](http://www.wonderful.org/charity/silhouettheyouth)

### Communication

- Please have a look at our website at [www.silyt.com](http://www.silyt.com) – We try and update the site on a regular basis and we put all the newsletters and information on the site. We are also going to start to put scripts and links to music so that our young people can access work online.
- Please join our twitter account @SilhouetteYtc and help us by posting as much as you can and by copying us in to your posts.
- We also have a Facebook page, and this is at Silhouette Youth Theatre. Once again please join our page so that you can see regular updates.

## SILHOUETTE DIARY

DATE	WHAT'S OCCURING?
Saturday 7 <sup>th</sup> September	Sessions begin and open day for new recruits! 8:30 am – Year 1 and 2. 9:30 am – Year 3 to Year 6. 11:30 am – Intermediate group. 1:30 pm – Teen group.
Week of the 9 <sup>th</sup> September	We are proud to announce that 4 of our young people have been accepted in to the Next Generation Direct programme at the RSC and will spend the week working with directors from across the country!
Week of the 9 <sup>th</sup> September	Week 1 of Silhouette sessions. <b>THERE WILL BE NO SHAKESPEARE SESSIONS (WEDNESDAY) OR DRAMA SESSIONS (THURSDAY) DURING THE WEEK AS LEIGH IS WITH THE NEXT GEN DIRECT GROUP.</b>
Saturday 14 <sup>th</sup> September	Bring along a friend to take part in our musical theatre sessions. They will need to be signed in on the day please.
Week of the 16 <sup>th</sup> September	Week 2 of Silhouette sessions. <b>Shakespeare sessions and Drama sessions begin THIS week.</b> <b>16<sup>th</sup> September – 6:00 pm at Silhouette – Parent volunteer session – please come and see how you can help!</b> <b>FIRST ADULT SESSION – Free session from</b>
Week of the 23 <sup>rd</sup> September	Week 3 of Silhouette sessions.
Week of the 30 <sup>th</sup> September	Week 4 of Silhouette sessions.
Week of the 7 <sup>th</sup> October	Week 5 of Silhouette sessions.
Week of the 14 <sup>th</sup> October	Week 6 of Silhouette sessions.
Week of the 21 <sup>st</sup> October	Week 7 of Silhouette sessions.
<b>HALF TERM – No session from Saturday 26<sup>th</sup> October to Saturday 2<sup>nd</sup> November.</b>	
Week of the 4 <sup>th</sup> November	Week 8 of Silhouette sessions.
Week of the 11 <sup>th</sup> November	Week 9 of Silhouette sessions.
Saturday 16 <sup>th</sup> November	We will be involved in the <b>Christmas parade</b> . Sessions as normal!
Week of the 18 <sup>th</sup> November	Week 10 of Silhouette sessions.
Week of the 25 <sup>th</sup> November	Week 11 of Silhouette sessions.
Week of the 2 <sup>nd</sup> December	Week 12 of Silhouette sessions.
Week of the 9 <sup>th</sup> December	Week 13 of Silhouette sessions.
Thursday 12 <sup>th</sup> and Friday 13 <sup>th</sup> December	8 of our young people will be going to the RSC to take part in the Next Generation Backstage pass. Once again, another great opportunity!
Week of 16 <sup>th</sup> December	Week 14 of Silhouette sessions. <b>OPEN SESSIONS – COME IN AND WATCH THE WORK YOUR CHILD HAS BEEN DOING OVER THE TERM.</b> Last day – Thursday 19 <sup>th</sup> December.
Saturday 11 <sup>th</sup> January	First session of the Spring Term 2020!
<b>Still to add:</b> Intermediate Drama performance dates. Teen Drama performance dates. Visits from professionals and Theatre trips.	