



Programme Welcome Packet



EMPOWERED
DANCE COACHING
PROGRAMME

A decorative graphic consisting of several golden stars and swirling lines, some solid and some dotted, framing the central text.

Welcome To Empowered Dance Coaching Program

**WE ARE SO EXCITED
TO START THIS JOURNEY OF
EMPOWEREMENT
IN THE MOST
FUN & ENJOYABLE WAY**

**This programme is designed
to help you
Regain your power
Your confidence
Your passion
Your sexiness
YOUR TRUTH
In any aspect of your life
through
DANCE, COACHING & MEDITATION**

WHY DANCE?

WHAT DO DANCE & HEALING HAVE IN COMMON? YOU MAY WONDER

"HOW CAN DANCE AND MAINLY BELLY DANCE BE EMPOWERING?
How can twerking, shimmying, shaking our ass be empowering?
What do healing and dance have to do with one another?
Oh well.....EVERYTHING!

In this 4 weeks programme we'll explore
why dance is medicine and has been for thousands of years..
and more importantly,
why it has been suppressed from our society today.
I will explore with you

**how dance is the most important practice
for healing,
breaking limiting belief, self expression
and find**

**OUR TRUE JOY
OUR TRUE PURPOSE**

**TO WATCH THE
EMPOWERED
VIDEO PRESENTATION
CLICK HERE
OR ON THE IMAGE BELOW**

A close-up photograph of a woman with long, wavy brown hair, wearing a red top and a black headset microphone. She is looking directly at the camera with a neutral expression. The background is slightly blurred, showing what appears to be a wooden wall and some decorative items.

**EMPOWERED
WEBINAR
REPLY**

PROGRAMME BREAKDOWN



WEEK 1

WITNESS WHERE YOU ARE RIGHT NOW WITH NO JUDGMENT

IN WEEK 1 WE'LL WITNESS OUR
CONDITIONING, OUR THOUGHTS OF FEAR
AND WE'LL LEARN
TO MOVE INTUITIVELY

In week 1 I will guide you through
observing honestly where you are
in your life. Through dance &
meditation exercises we will start
witnessing our fear and limiting
belief

**WE WILL POWERFULLY SHIFT
FROM THINKING, FEARING,
JUDGING INTO FEELING GOOD
FEELING ENOUGH**

SCHEDULE

**MORNING & EVENING
GUIDED
COACHING EXERCISES WITH
REFLECTIONS &
AFFIRMATIONS
WITH QUESTIONNAIRE**

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

**DANCE & MEDITATION
EXERCISES & CLASS
(ONLINE & IN STUDIO)**

Tuesday
Thursday

WEEK 2

RAISE YOUR VIBRATIONS

In week 2 I will guide you
through
raising your vibrations by
learning to be grateful, forgive
and surrender

We will start connecting to
things that bring us joy by
keeping a diary

Through dance & meditation
exercises we will start
witnessing our body flowing and
becoming the music

**THIS WEEK THE SHIFT IS QUITE
POWERFUL**

SCHEDULE

**MORNING & EVENING
GUIDED
COACHING EXERCISES WITH
REFLECTIONS &
AFFIRMATIONS
WITH QUESTIONNAIRE**

Monday
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**DANCE & MEDITATION
EXERCISES & CLASS
(ONLINE & IN STUDIO)**

Tuesday
Thursday

PROGRAMME BREAKDOWN



WEEK 3

**FEEL FOR THE FIRST TIME!
LIBERATE YOURSELF,
FIND YOUR COURAGE,
PASSION, PURPOSE
& JOY**

Week 3 is so powerful as you will start to lighten up again and not only you'll heal yourself, but you also create an energetic ripple effect that helps heal the world.

Through dance & meditation exercises we will feel alive again and reconnect with moments that made us proud to be ourself
**THIS WEEK YOU'LL PROBABLY
GET UP AND DANCE
EVERYWHERE!**

SCHEDULE

**MORNING & EVENING
GUIDED
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REFLECTIONS &
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WEEK 4

**LET'S REWRITE A NEW
CHAPTER
LET'S DANCE A NEW STORY
FINALLY EMPOWERED**

You will complete the programme by choosing your favourite song, create your dance to it, and signing a sacred contract with yourself.
I'll also show you how to bring the practices into your daily life

SCHEDULE

**MORNING & EVENING
GUIDED
COACHING EXERCISES WITH
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Monday
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**DANCE & MEDITATION
EXERCISES & CLASS
(ONLINE & IN STUDIO)**

Tuesday
Thursday

PROGRAMME DESCRIPTION

This programme will
BOTH ONLINE & IN STUDIO
and it will last
4 WEEKS
starting Monday 12th September 2022

HERE'S WHAT THE 4 WEEK PROGRAMME INCLUDES

4 WEEKS DANCE CLASSES

The September offer allows you to attend all our in studio & online dance classes

2X1-to-1 COACHING WITH CLAUDIA

You will be able to meet Claudia 1-to-1 twice at the beginning and at the end of the course both in person or as zoom meeting to get assessed personally by her

MORNING & EVENING REFLECTIONS WITH DAILY MEDITATION

You will be given daily tools for Personal Transformation, Growth & Manifestation

PRIVATE GROUP

Access to our Private Community Group directly from your dashboard for inspiration, sharing, accountability and support. No more struggling alone when you are surrounded by inspiring women that are going through the same journey of EMPOWERMENT!

MEET YOUR COACH

Claudia Massera



Claudia Massera
certified wellness coach,
professional dancer & choreographer,
personal trainer, crystal healer,
life coach, NLP practitioner
STORY TELLER, PUBLIC SPEAKER...
also founder of
Dance Body Mind & MEDANZ

A 15+ year entertainer, women empowerment advocate
and self made "entrepreneur of the art" with a burning passion for the language of the
body...DANCE!

Dance not as a form of entertainment,
but dance to express our true self,
dance to heal our deepest wounds

Dance as our new language
that allows us to express ourself
freely & truly
to express
what words could never do

**"Dance, music and sun are my kind of medicine
and I believe soon dance will become a healing tool
as popular as meditation & yoga"**



EMPOWERED

SEPTEMBER ONLY
SPECIAL OFFER
THE PROGRAMME
IS PART OF THE
IN STUDIO & ONLINE
MONTHLY MEMBERSHIP
£49.99

**PROGRAMME STARTS
BOTH ONLINE AND IN STUDIO
MONDAY 12TH SEPTEMBER 2022**

BOOKINGS CLOSE
TUESDAY 13TH SEPTEMBER AT 10PM

REGISTER HERE

I AM READY TO BE
EMPOWERED