



By Demand:

WAACKING SHORT COURSE



7 week
FULL SCALE DIGITAL COURSE

All ages
ALL LEVELS

CONTACT 0721011020 / MICHELLE@MO-INT.COM

COURSE INCLUDES

- ❖ 7 Week "AT HOME" Daily Training guide
- ❖ Exclusive bonus LIVE guided training class
- ❖ Weekly challenges and growth assignments to guarantee rapid progress
- ❖ Feedback and check ins
- ❖ Dance Mindset coaching
- ❖ Self appreciation and expression coaching
- ❖ History and culture study
- ❖ Links and resources for additional research
- ❖ Techniques and drills
- ❖ Styling and character work
- ❖ Musicality in Waacking
- ❖ Grooves
- ❖ Warm up and cool down routines
- ❖ Stretch exercises for optimal range
- ❖ Strength exercises for power and speed development
- ❖ Waacking Choreography
- ❖ Access to Community group for extra tips and inspiration

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OUR SECRET SAUCE:

HOW are we going to do this in a way that will guarantee you will still get the results our Alumni rave about **AND MORE:**

EVERY FRIDAY the following is uploaded into the portal for you to access at anytime in the week:

- The weekly Training Target Lesson
- The Daily Self training programme
- The weekly assignment. All assignments and check ins are due by Thursday in order to receive feedback in the Sunday LIVE session

SUNDAY bonus

- A 2 hour group LIVE guided training class

Full details will be sent to each Student

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ALL THAT YOU'LL NEED:

- ❖ A notebook and pen
- ❖ **Your phone or laptop to access ALL the content online and join the community**
- ❖ YOUR GORGEOUS BRILLIANCE THAT IS WAITING TO BE UNLEASHED



***TIP: THE MORE STYLISH AND IN CHARACTER YOU DRESS THE QUICKER YOUR BODY RESPONDS TO TRAINING.
WHERE THE MIND GOES THE BODY FOLLOWS.
SO JUST SHOW UP FOR YOURSELF AND ENJOY THE PROCESS
OF DEVELOPING SKILL AND UNLEASHING THE NEW
CONFIDENT AND COURAGEOUS YOU**

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LEVELS

BEGINNER, INTERMEDIATE
& ADVANCED (SO BASICALLY EVERYONE)



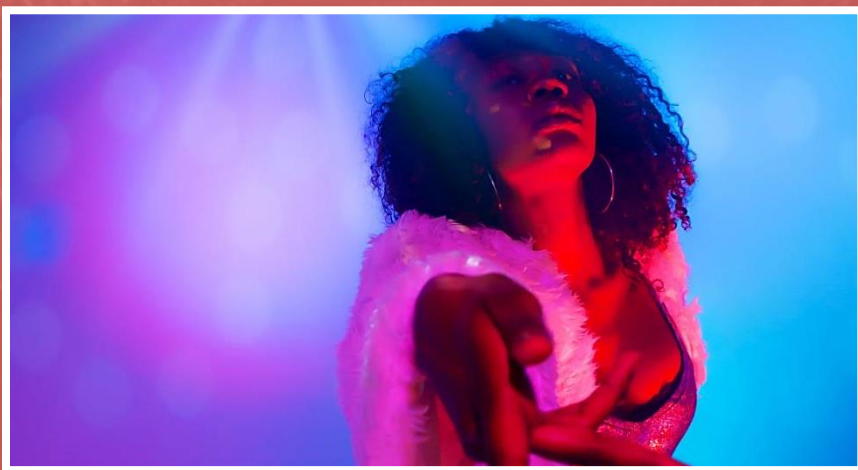
As this is a Digital course, you will not be restricted to any level. You will have access to the information and training for ALL levels. Should you struggle with a more advance technique or movement simply continue with the beginner version until you are ready to revisit the course material and tackle the more challenging work. This means you can grow at your own pace and be able to re-use the course material long after the course is complete.

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There is a 7 week package rate

Please do enquire about
payment plan options available.
We want the full programme to be
accessible to as many as possible

Email us on Michelle@mo-int.com for more details



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All short courses by MO are
NON-studio and NON-organization based. We do not
“OWN” or take ownership of any dancer who attends
the course. This course will not conflict with any other
training you are currently receiving. We know that its
difficult to know where to source ALL the information
you need for your unique dance journey. We are
solely focused on sharing, equipping and inspiring ANY
dancers we can in specific styles or skills so that they
can go back and flourish in their respective fields.
We want to see you unleash the brilliance that’s
waiting inside!

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Alumni Testimonials:

“ We didn’t only learn more about the style but we learnt more about ourselves” Kimona Moodley

“I learnt to let go of my internal judgements and know that it’s a YOU thing” Rodette Kotze

“Coming from a place of always wondering if I'm doing the right thing, to not even questioning myself anymore... Learning the real technique and learning how to actually train waacking” Shannon Da Silva

“WHAT'S NICE IS THAT WE HAVE HOMEWORK TO DO AND CAN POLISH THE THINGS THAT WE STRUGGLED WITH IN CLASS” SHANNON HANCOCK

I'm forever grateful for this course and I cant wait for the next one” James Mc Phail

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