

EVENING CLASSES & PROGRAMS
MONDAY, JUNE 10– THURSDAY AUGUST 15 (AGES 12–ADULT)

MONDAYS

Reiki for Kids & Teens | 5:00 – 6:00PM [\$180]
Broadway Jazz Dance | 6:00–7:30PM [\$625]*
Improv Acting | 7:30–9:00PM [\$625]*

TUESDAYS

Ballet | 6:00–7:30PM [\$315]
Acting Technique | 7:30–9:00PM [\$625]*

WEDNESDAYS

Broadway Jazz Dance | 6:00–7:30PM* [\$625]*
Improv Acting | 7:30–9:00PM [\$625]*

THURSDAYS

Modern Dance | 6:00–7:30PM [\$315]
Acting Technique | 7:30–9:00PM [\$625]*

**REQUIRED 2X WEEKLY*

PRIVATE LESSONS (OPEN TO ALL AGES)

Private lessons are: the most optimal way to focus on your goals and improve! One on one guidance through your individual goals is how lessons work. You choose what to work on, you choose your desired outcomes, and we work together to achieve your results.

Private Lessons are scheduled individually with the Ruhala Center office. Call or Email early to schedule your lessons. Lesson slots will be filled on a first come, first served basis.

2024 Summer privates include:
Positive Mental Toughness Method
Singing/Speaking Vocal Techniques
Reiki Energy Work
Brain/Body Balances
Intuitively Guided Empowerment

Mark & Celina Ruhala, Instructors

PRIVATE LESSON TUITION

\$450 for 10 Lesson Package (\$45 each) or \$55 per ½ hour single sessions
(see [Ruhala Center Health & Wellness web page](#) for more details)

Mondays–Thursdays Camps for Kids!
Ages 5–13 yrs.

Improv! Acting | June 10–13 | 10:00AM–1:00PM

Act on your feet! Don't think about it, let it come to you by free association!

**Broadway Musical Theatre SING-ACT-DANCE | June 17 – June 20
10:00AM–1:00PM**

Sing, act, and dance your heart out performing Broadway song & dance!

**Broadway Musical Theatre SING-ACT-DANCE | June 24 – June 27
10:00AM–3:00PM**

Sing, act, and dance your heart out performing Broadway song & dance!

Broadway Dance | July 8–11 | 10:00AM–1:00PM

Learn classic choreography dancing to the best Broadway music!

Improv Acting! | July 15 – July 18 | 10:00AM–1:00PM

Playing games that teach us communication, observation, & teamwork that bring us joy!

Acting Scene Study | July 22–25 | 10:00AM–3:00PM

Act off your partner, be in the moment, and have fun!

Improv! Acting | July 29 – August 1 | 10:00AM–1:00PM

Act on your feet! Don't think about it, let it come to you by free association!

**Broadway Musical Theatre SING-ACT-DANCE | August 5 – August 8
10:00AM–3:00PM**

Sing, act, and dance your heart out performing Broadway song & dance!

Move to Learn! | August 12–15 | 10:00AM–1:00PM

Learn techniques that will make you mentally strong and focused to start School!

TUITION

Three-hour Workshops | \$240

Five-hour Workshops | \$400

Multi-Camp Discounts

2 Camps: receive 5% off
3 Camps: receive 10% off
4 Camps: receive 15% off
5+ Camps: receive 20% off

Sibling Discount

Registered siblings receive a 5% discount

WELCOME!

Ruhala Holistic Arts Center offers both group classes and private instruction and guided one-on-one sessions for all ages. Ruhala also offers advanced Broadway Musical Theatre & Acting Ensembles that focus on training and public performances. Performing arts dance classes include Ballet, Tap, Jazz, & Modern specializing in Broadway styles. Singing classes are offered in Glee Broadway music and Private Lessons for singers of all styles. Acting classes offered are Acting 101, Improv! and advanced acting technique classes. In the Healing Arts, Ruhala offers Reiki energy sessions, Brain/Body Balance sessions, Mental Toughness sessions, and one-on-one intuitively guided sessions for individual empowerment.

All of our work is individual centered, i.e., we take the individual, whether child, teen, or adult, from where they are at, and assist their development. Our focus is holistic, always looking at the whole child or person and guiding individuals to reach their best. Healing and art go hand in hand as the Montefiore Medical Center states, "The healing arts are creative practices that promote healing, wellness, coping and personal change". Ruhala aims to engage children and adults in creative processes that inspire and motivate health and wellness, be it in performing classes or therapeutic sessions.

Celina and Mark Ruhala have been co-creating these programs for over twenty years in New York, and more recently in East Lansing. Bringing Broadway experience along with personal growth development and education, Celina and Mark are ever passionate about their work and share great enthusiasm to the people they work with. With a reputation for excellence, they always are growing, expanding, and learning themselves, especially from their students and clients.

We care about your wellness on and off the stage!

Namaste,

Celina & Mark Ruhala
Owners / Directors



Summer Classes 2024!

Broadway Training from a Broadway Veteran!

***Taking each student from where they are,
developing skills, & having Fun!!!***

Ruhala Holistic
Arts Center



**For further information
Call: 517.337.0464 or mcruhala@sbcglobal.net
www.RuhalaCenter.com**