

SHELOVELIFE

Dancer Photographer Henna Artist

What's Found in our Bi-monthly Newsletter

Hi friends,

This is the third edition of my SHELOVELIFE newsletter written for you from my life on the road as a full-time traveler and multi-disciplinary artist. In addition to the usual details about our current weekly schedule and information regarding our ongoing referral program for gaining free access to classes you'll find that [registration](#) is now open for special event days in Michigan for dance, photography, and henna, and the upcoming dates that we have NO CLASSES due to the Fourth of July holiday.

As you know, last year I had intentions to pursue my dream of working as a full-time multi-disciplinary artist in our community. I'm grateful for the support of MANY wonderful and loving folks who've attended my virtual classes, booked henna and photography appointments with me prior to my departure from Michigan, provided me with a overnight spot to park during my travels out here, or have joined me for some beautiful time spent in the gorgeous wilderness across the west during this first leg of my journey.

Thanks for your continued support and hope to connect with you soon!

-Sheila



Thank you to everyone who's taken the time to visit with me on this journey, recognize any familiar friendly faces below?



In-Person Events during August in Michigan

Interested in photography or henna body art services with Sheila? Want to experience an in-person dance event while Sheila is in Michigan? We're hosting eight events during the month of August in the Lansing and Ann Arbor area for portraiture, henna body art, Zumba, and Bellydance.

[Eventbrite tickets](#) are now available available to reserve your spot for these special event days. Check out the event dates below and reserve your ticket while they last. Click the dates to be redirected to ticket sales for each event. We may potentially add more tickets or more event days if there's demand for it, so keep an eye on social media pages for any event announcements between now and August.

If you require any creative services on a date other than the listed event days, please don't hesitate to reach out so we can discuss your particular photography, henna body art, or dance needs. Send me a message about your plans, and I will get back to you soon!

Photos w/ Sheila Mini-Session Day GRAND LEDGE
[Saturday, August 7, 2021 at 10:00AM - 6:30PM](#)

Henna w/ Sheila - Body Art Session Day LANSING
[Sunday, August 8, 2021 at 12:00PM - 5:00PM](#)

Dance w/ Sheila - Zumba Fitness Class LANSING
[Sunday, August 8, 2021 at 6:00PM - 7:00PM](#)

Dance w/ Sheila - Bellydance Fitness Class LANSING
[Sunday, August 8, 2021 at 7:00PM - 8:00PM](#)

Photos w/ Sheila Mini-Session Day ANN ARBOR
[Saturday, August 21, 2021 at 10:00AM - 6:30PM](#)

Henna w/ Sheila - Body Art Session Day ANN ARBOR
[Sunday, August 22, 2021 at 12:00PM - 5:00PM](#)

Dance w/ Sheila - Zumba Fitness Class ANN ARBOR
[Sunday, August 22, 2021 at 6:00PM - 7:00PM](#)

Dance w/ Sheila - Bellydance Fitness Class ANN ARBOR
[Sunday, August 22, 2021 at 7:00PM - 8:00PM](#)



Henna with Sheila



Photos with Sheila

Holiday Schedule and Class Cancellations

There will be NO CLASS July 4th through July 6th for the Fourth of July holiday weekend. Our website includes a live Google class calendar which is the most reliable way to track our weekly class schedule. The calendar will always indicate when there are NO CLASSES.

Please utilize the [Zumba.dance](https://www.zumba.com/dance) website's pre-registration system whenever possible. If a class is canceled due to instructor illness or inclement weather, you will receive an email notification since you have pre-registered online for the class. You can sign-up for scheduled classes in advance using your Zumba account. If you are someone who regularly drops in without pre-registering, you will NOT receive any notice and should be checking the Google class calendar and/or social media pages for any possible cancellations before attending each class.

Return of the On Demand Zumba® Fitness Class

Pre-recorded virtual classes allow access to a Zumba class with me during after hours on days of the week that we do not currently offer a scheduled livestream class. Great for folks living in international time zones or those of you who need to flexibility do a Zumba class with me whenever it's most convenient for you.

Click on the button below to be directed to ZIN Studio™! to locate my upcoming classes (you can click through the days listed at the top of the search results to filter by day). Click on the day and time be redirected to the payment page for access to the pre-recorded class.

On Demand Zumba® Fitness Class w/Sheila
[Zumba.dance daily virtual class schedule](#)



The Benefits of Virtual Classes

Virtual classes have offered so many wonderful benefits for our dance family. We've enjoyed not having to include travel time to and from the studio, avoiding any unforeseen traffic on the roads, navigating the stress of downtown parking, having to carry your dance shoes in hand, remembering to pack your clothes and/or water bottle, or worrying about severe weather cancellations. Additionally, I'm thrilled to be connected with long-lost friends who log on from across the country (and Canada!) and to have made some new friends that would not have been possible without our ongoing virtual classes. I really love having friends to share my cross-country journey with by offering a peek at the various places I land to the folks who attend the livestreams each week.

I love our community of weekly livestream dance fitness broadcasts. It's a place where people of all ages and all cultures can come together for health, movement, connection, and good times. I'm continuously shocked by how much we enjoy every class together, how energizing it is to stay connected in this way, and how we've kept each other accountable in the best way. Come dance and share some smiles with us!

Sundays

6:00PM Zumba Fitness

7:00PM Bellydance Fitness



Tuesdays

5:30PM Zumba Fitness
6:30PM Happy & Chill Hour

Wednesdays

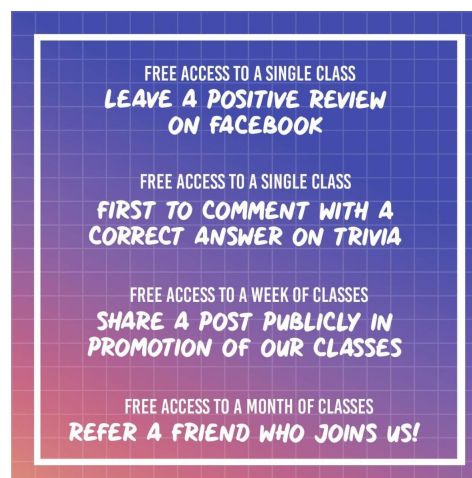
6:00PM Zumba Fitness
7:00PM Bellydance Fitness



Class times are in Eastern. Visit the calendar section of my new [shelovelife.com website](http://shelovelife.com) to find class descriptions and access links for joining our livestream broadcasts.

Ongoing Free Access to Virtual Classes

We're continuing our free access rewards for folks who support our dance family by spreading the word about our virtual classes. For the remainder of 2021, attendees may gain free access to a single class of your choice by leaving a [positive review](#) on Facebook, get a free week for sharing a public social media post in promotion of our classes, and get a month free if a friend referral makes a purchase to join us.



Additionally, if you keep an eye on my [social media pages](#) for random trivia questions throughout the months and be the first to comment with a correct answer you can also win free access to a single class. Multiple giveaways may be awarded to any individual, please contact me directly upon completion to claim your reward. Thank you for staying engaged, contributing to the success of our classes, and supporting our dance community in this way!

Stay Connected!

To keep in touch check out my [Dance With Sheila](#) or [Photos with Sheila](#) Instagram page, find our [past Zumba playlists on Youtube](#), or the most recent playlist for Zumba class is available on [Spotify](#) for you whenever you need it.

-Sheila



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