

EVENING CLASSES & PROGRAMS
MONDAY, JUNE 9– THURSDAY AUGUST 14 (AGES 12–ADULT)

MONDAYS

Reiki for Kids & Teens | 5:00 – 6:00PM [\$180]
Broadway Summer Performance | 6-7:30PM [\$650]
Broadway Jazz Dance | 7:30–9PM [\$650]* (twice weekly, Mon & Wed)

TUESDAYS

Acting Scene Study | 6:30–8:00PM [\$650]* (twice weekly, Tues & Thurs)
Improv Acting | 8–9:00PM [\$435]* (twice weekly, Tues & Thurs)

WEDNESDAYS

Ballet | 6:00–7:30PM [\$325]
Broadway Jazz Dance | 7:30–9PM [\$650]* (twice weekly, Mon & Wed)

THURSDAYS

Acting Scene Study | 6:30–8:00PM [\$650]* (twice weekly, Tues & Thurs)
Improv Acting | 8–9:00PM [\$435]* (twice weekly, Tues & Thurs)

**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.

2025 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

\$550 for 10 Lesson Package (\$55 each) or \$65 per ½ hour single sessions (see [Ruhala Center Health & Wellness web page](#) for more details)

Mondays–Thursdays Camps for Kids & Teens!
Ages 5–18 yrs

Broadway Musical Theatre Performance | June 9–19 | 10:00AM–3:00PM (Mon-Thurs each week) Performance at 2pm on 6/19
Sing, act, and dance your heart out performing Broadway song & dance!

Improv Acting!| June 23 – June 26 | 10:00AM–1:00PM
Playing theatre games that teach us communication, observation, & teamwork that bring us joy!

Broadway Dance | June 30–July 3 | 10:00AM–1:00PM
Learn classic choreography dancing to the best Broadway music!

Broadway Musical Theatre SING-ACT-DANCE | July 7 – July 10 10:00AM–1:00PM
Sing, act, and dance your heart out performing Broadway song & dance!

Good Nutrition for Performers | July 14 – July 17 | 10:00AM–1:00PM
Learn how to stay healthy and strong as a performer!

Positive Mental Toughness for Athletes and Performers | July 21–24 | 10:00AM–1:00PM
Learn techniques that will make you mentally strong and focused to start School!

Broadway Musical Theatre Performance | July 28 – August 7 | 10:00AM–3:00PM (Mon-Thurs each week) Performance at 2pm on 7/7
Sing, act, and dance your heart out performing Broadway song & dance!

Improv Acting!| August 11–14 | 10:00AM–1:00PM
Playing theatre games that teach us communication, observation, & teamwork that bring us joy!

TUITION

Three-hour Workshops | \$240

Two Week Workshops | \$800

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. Summers are filled with one week and two week long camps as well as evening classes. Private Lessons are also available. 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.

NEW for 2025:

- We are offering a Summer Showcase so that all the students have an opportunity to perform at the end of the summer.
- Two week camps that will allow the campers to learn more material and create a longer performance at the end of their camp experience.
- Evening Broadway Performance class for teens/adults who want to sing and act with us this summer.

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!

For further information

Call: 517.337.0464 or mcruhala@sbcglobal.net

www.RuhalaCenter.com

Ruhala Holistic Arts Center



Summer Camps & Classes 2025!

NEW: Summer Showcase!

Thursday August 14th @7pm

All evening classes and private students will perform!

Broadway Training from a Broadway Veteran!

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

