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Hey There My Love,

I am so excited to release this beauty because when I first started taking heels classes I was so lost and confused about nearly everything. I had no idea what the terminology meant that the heels girls were using in class. I wore the incorrect heels for years. I got injured twice because I did not know that proper way to care for my body from dancing in heels and through trial and error I have come to a space where I thrive here based on all the knowledge and experience I have gained. And I now want to give it all to you beautifully wrapped up in one place. In this guide contains the following:

- 👠: Workouts and stretches specifically for dancers
  - 👠: Nutrition highlights for dancers
  - 👠: Correct heels for heels dancing
- 👠: Terminology used and visual instructions with definitions
  - 👠: Attire for heels dance classes
  - 👠: Dance bag essentials
- 👠: Journal prompts to discover your intentions for heels dancing
  - 👠: Guided affirmation meditation for dancers

This guide comes in a PDF format you your email once you complete payment and you can access it at anytime and apply the tools and knowledge at your own pace. If you have any questions or concerns please send and email to [Confidencebuildsinheels@gamil.com](mailto:Confidencebuildsinheels@gamil.com)

Drops on 11/11 and 11:11am!

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