

Issue 19

DANCE
BOSS



Issue 19
January 2025
www.emilysophie.co.uk
[@iamemilysophie](https://www.instagram.com/iamemilysophie)

Cover: [Sarah Little](#)
Photo: [@florencefoxphotography](#)

by
Emily
Sophie

WELCOME TO THE DANCE BOSS E-ZINE

DANCE
BOSS

*"Lose yourself in the
movement...find yourself
in the magic"*

*-Emily Sophie
[@iamemilysophie](#)*

Hi there and welcome to the Dance Boss e-zine.

Inside each issue you'll find an inspiring interview with both dance professionals and non professionals who love dance from all over the world, sharing their life experiences, learnings and transformations in dance.

Our aim is that by the time you finish reading, you'll feel inspired and motivated to dance and continue to step into your own spotlight.

Be sure to check out our cover stars with their links provided in the interview and remember to share this e-zine with someone who would enjoy it too.

Feel free to come and say hello to me on Instagram at [@iamemilysophie](#) and let me know if there's someone you'd love to see on the cover of the e-zine!

Emily Sophie



CONFESSIONS OF A DANCER

by Emily Sophie



OUT NOW IN KINDLE &
PAPERBACK ON AMAZON



NLP

with Kamran Bedi
[@coachkamranbedi](#)
[kamranbedi.com](#)
[mindbodymethod.co.uk](#)

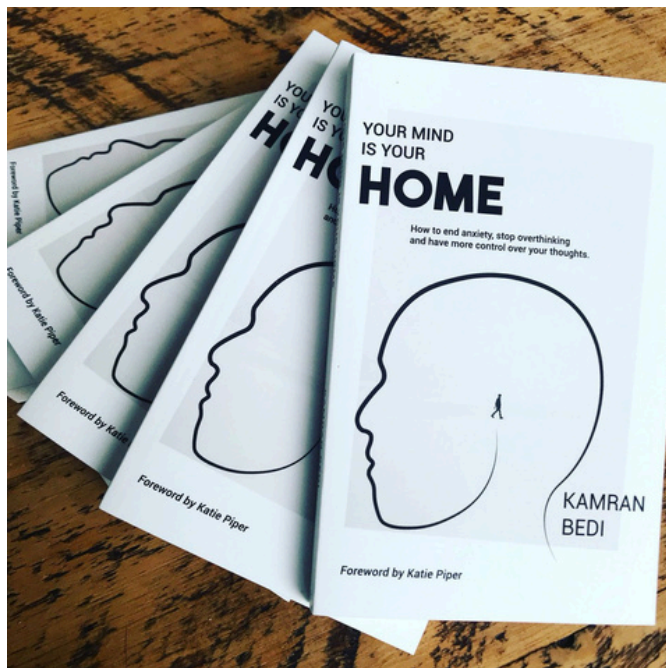
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

This is life changing work and will help you to live your best life possible.

For upcoming dates, please see Kamran's website above.

If you are interested in taking part in one of the above courses, then please email Kamran at info@kamranbedi.com to find out more and quote "DANCEBOSS" to get the special discount!

You can also find out more about Kamran's self help book "Your mind is your home" from www.kamranbedi.com (as seen below).



JANUARY

*I embody my
future self,
now*

AFFIRMATION

THIS MONTH WE CHAT TO

SARAH
LITTLE

[@SELFLOVESARAH](https://www.instagram.com/selflovesarah)
WWW.SELFLOVESARAH.COM

Hi Sarah! Thank you so much for being our January cover star! We'd love to get to know you- can you tell us a bit about yourself?!

Hi, I'm Sarah, otherwise known as Self Love Sarah. I am a self-love advocate, yoga teacher and retreat host. I love all things self-love, pink, musicals, yoga and 90s nostalgia – especially the Spice Girls. I am also a Wife and Mama to my 5 year old son, Leo.

Self-love is like my religion. Everything I do comes from a place of self-love; what I wear, how I move, what I eat, who I spend time with, my daily routine etc. Some of my biggest values are authenticity, community and inclusivity and I try to help as many women as possible find their own self-love practice and embrace their authentic selves.

At home, you will usually find me journaling, singing and dancing to Spice Girls or binge watching Gilmore Girls.

When did you first get into dance and what was it that pulled you in?

I danced as a child because I absolutely loved it. I used to go to weekly jazz classes and perform in shows. Dancing and being on the stage made me feel free. It helped me to express myself – I had a big personality as a child. It gave me a space where I could just be my authentic self. I danced throughout school and college and then eventually went to university to study Performing Arts ten years ago. However, in the last ten years due to motherhood and the pandemic I wasn't dancing as much. I would go to the odd Zumba class, but that was about it.

Last year though, I found the most amazing dance class with the most fabulous dance teacher in my hometown. I signed up to the class and became a regular. The class is called SOS (Seen On Screen) and my dance teacher, Hannah, is one of the most inclusive, fabulous, body positive hype girls you have ever met. Her classes are so inclusive and accessible and less about learning technique or strict routines. They are about finding what feels good in your body, expressing yourself and letting your inner diva out to play. Her classes are the highlight of my week.

How does dancing make you feel?

Dancing makes me feel free, authentic and joyful.



Photo: [@florencefoxphotography](https://www.instagram.com/florencefoxphotography)

THIS MONTH WE CHAT TO

SARAH
LITTLE

[@SELFLOVESARAH](#)
WWW.SELFLOVESARAH.COM

How has dance positively impacted your life?

Dance has been the perfect parallel to my self-love practice. I only move my body in ways that feel good to me – so you won't find me down the gym or going for a run. But dance has allowed me to move my body in a way that makes me feel amazing. I don't need any motivation to go to dance class, I love every second whilst I am there and I strut out of class feeling fabulous.

Dance pushes me out of my comfort zone, where the magic happens. All of my worries, nerves and doubts melt away when I am dancing.

Dance has helped me make friends, find communities where I belong and become a non-negotiable part of my self-care routine.

Why do you dance?

I dance because it lets my authentic self shine. When I dance I am truly Sarah. The Sarah I was born to be. I can feel my light shining bright for all to see. Dancing gives me the opportunity to exercise my heart and soul as well as my body. But most of all, dancing is an epic act of self-love for me.

From your own experience, what advice would you give to someone who feels a bit nervous to start dancing?

I think it is all about finding the right dance class AND teacher. Finding somewhere and someone who ticks all of your boxes – rather than you are ticking all of theirs. Also, you absolutely do not have to go to a formal dance class. There is so much power, freedom and joy in just simply dancing in your kitchen to your favourite song. Start there!

What has been the biggest blessing that dance has given you?

Finding somewhere I belong. My current dance class gives me such a sense of belonging and acceptance- something I didn't really have as a child. I've gained an amazing community of like-minded women who look like me and just dance simply because it feels good.

What's your favourite dance quote or saying?

This one is very appropriate as the new Wicked movie has just come out, but one of my favourite dance quotes has always been:

"It's just life, so keep dancing through."



Photo: [@florencefoxphotography](#)

THIS MONTH WE CHAT TO

SARAH
LITTLE

[@SELFLOVESARAH](https://www.instagram.com/selflovesarah)
WWW.SELFLOVESARAH.COM

What barriers (if any) have you had to overcome with dance?

My two biggest barriers to dance have been inclusivity and accessibility. So firstly, finding a dance class that welcomes and represents women who looks like me. A woman who is bigger, doesn't own any dance clothes or shoes and has never had formal training.

I have felt excluded at many dance classes I have been to because of my size, appearance and experience. It was not a welcoming experience and I did not go back to those classes.

Also, finding a class that was not so regimental in routine and technique. I dance because it makes me feel good in my body. Some dance moves just do not feel good for me so I don't want to do them.

Finding a class that allows and encourages me to do my own thing was really tricky. Until I met my dance teacher Hannah, who does not look like your "typical" dance teacher and encourages you to freestyle and find your own version of the dance move in every class.

If you could curate your ideal dance experience, what would that look like?

I am very lucky because I do not need to create it – it already exists in my current dance class.

A dance class that is accessible and inclusive for everyone. Where your size and appearance doesn't matter. Where calories burned and step counting do not exist. Where it doesn't matter how much experience you have, you will never be judged. Where we dance to empowering female artists and it doesn't matter if you mess up the routine – you just style it out your own way and everyone celebrates you.

Where it is more than just a dance class, it is a community that feels like home.

"There is so much power, freedom and joy in just simply dancing in your kitchen to your favourite song. Start there!"



Photo: [@florencefoxphotography](https://www.instagram.com/florencefoxphotography)

NEW DANCE FICTION BOOK
THE LIGHT DOWN MADISON AVENUE
by Emily Sophie



**OUT NOW IN KINDLE &
PAPERBACK ON AMAZON**



Issue 19
January 2025
www.emilysophie.co.uk
@iamemilysophie

by
Emily
Sophie