

How to: Book a Dance for Parkinson's class with English National Ballet

English National Ballet use a platform called MindBody to manage all class and workshop bookings. Here is a step by step guide about how to book your place in a class.

If you have any problems with this process please email dancehealth@ballet.org.uk and the team will be happy to assist you.

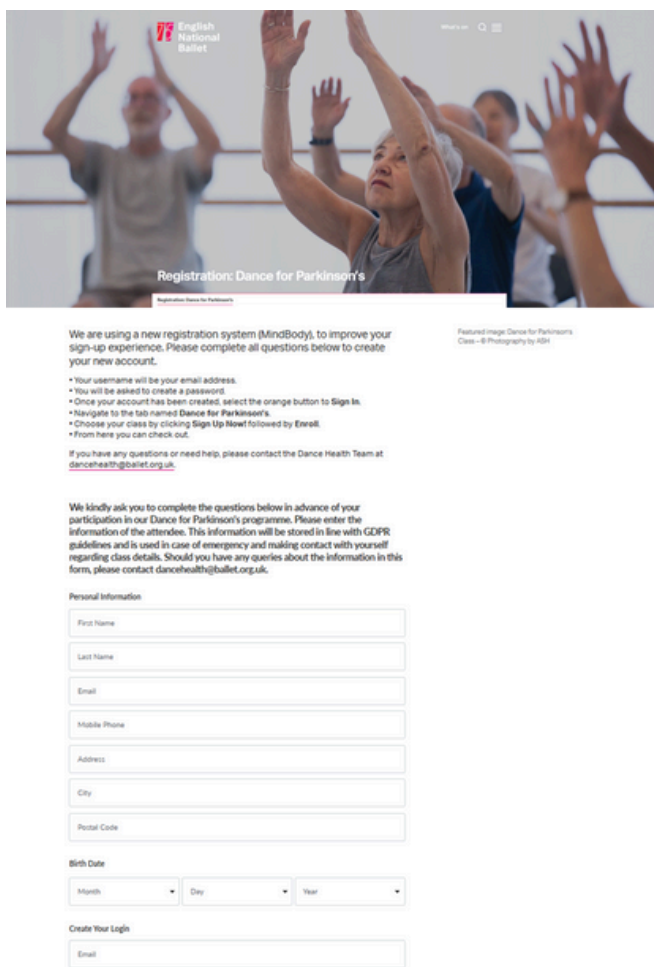
Step 1: Registering

As this is a new platform we require all dancers to register with English National Ballet's MindBody system.

[CLICK HERE](#) for the registration form which will also be found in your e-flyer.

When you click here it will take you to the form (screenshot on right).

Please fill in all of the boxes to provide us with information ahead of the upcoming term.



English National Ballet

Registration: Dance for Parkinson's

We are using a new registration system (MindBody), to improve your sign-up experience. Please complete all questions below to create your new account.

- Your username will be your email address.
- You will be asked to create a password.
- Once your account has been created, select the orange button to Sign In.
- Navigate to the tab named Dance for Parkinson's.
- Choose your class by clicking Sign Up Now! followed by Email.
- From here you can check out.

If you have any questions or need help, please contact the Dance Health Team at dancehealth@ballet.org.uk.

We kindly ask you to complete the questions below in advance of your participation in our Dance for Parkinson's programme. Please enter the information of the attendee. This information will be stored in line with GDPR guidelines and is used in case of emergency and making contact with yourself regarding class details. Should you have any queries about the information in this form, please contact dancehealth@ballet.org.uk.

Personal Information

First Name

Last Name

Email

Mobile Phone

Address

City

Postal Code

Birth Date

Month Day Year

Create Your Login

Email

Step 2: Notifications

As part of this form you can choose which notifications you would like to receive. Use the checkboxes to tick your preferred options.

Subscribe to reminders & notifications

☒ Email

☒ Text

Get a heads-up before bookings or when your schedule changes

☒ Email

☒ Text

Get updates on events and our latest offers

☐ Email

☐ Text

Step 3: Terms & Conditions

Once you have filled in all of your information, confirmed how you would like to be notified and read the media consent details, please read the terms and conditions and ensure you have ticked the checkbox.

Then click pink 'create account' button.

We may put in place a temporary restriction on communication or access to any communication channel or service while we investigate any unacceptable behaviour reported by our staff. Following our investigation, we may decide to make such restrictions permanent and will notify any person impacted by such a restriction.

Media Consent

Important Media Information

English National Ballet, third parties, and their employees, or agents have the right to take photographs, videotape, or digital recordings any events or activity that I may be present for.

Further to understanding the above, I agree that I have been given the option to withdraw my permission for such images and recordings to be used for public distribution and have indicated my response by answering the question above.

If I have answered "Yes" to the question above, I consent for ENB to use the images and footage in any and all media, now or hereafter known, and for the purpose of publicising the English National Ballet Engagement programmes. I also consent that my name and identity may be revealed therein or by descriptive text or commentary. I understand that there will be no financial or other remuneration for recording me, either for initial or subsequent transmission or playback. I also understand that English National Ballet, and third parties are not responsible for any expense or liability incurred as a result of our participation in this recording, including medical expenses due to any sickness or injury incurred as a result. I do hereby release to English National Ballet, third parties, and their employees all rights to exhibit this work, or any images/video footage that I submit to the aforementioned, in print and electronic form publicly or privately and to market and sell copies. I waive any rights, claims, or interest I may have to control the use of my identity or likeness in whatever media used.

☐ I agree with the above terms *

Create Account

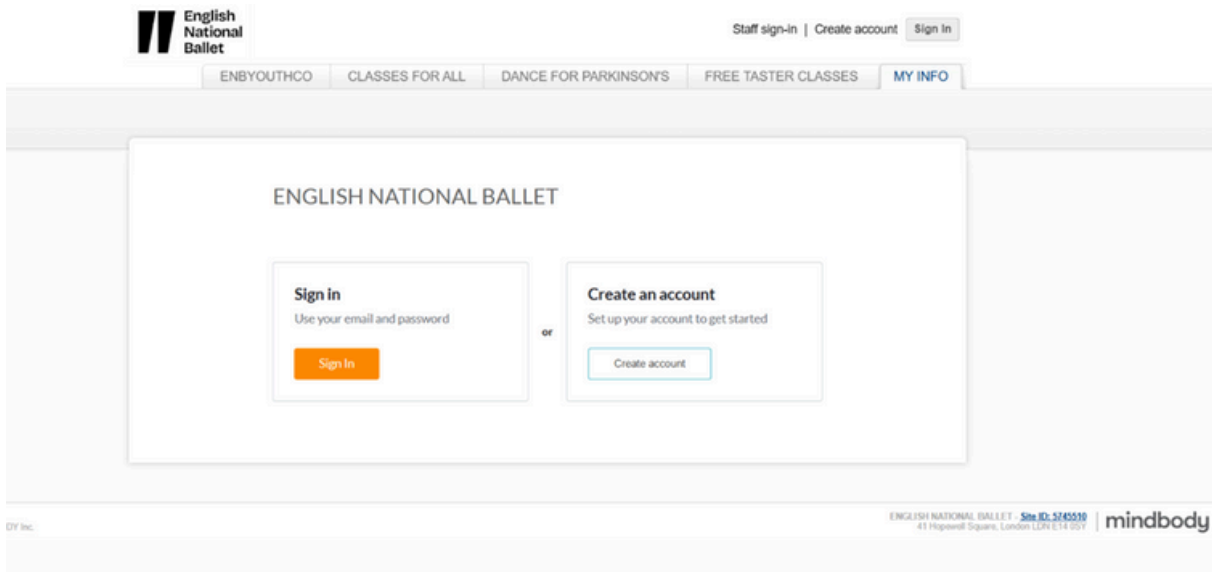
[mindbody](#)

[Privacy Policy](#)

Step 4: Sign in page

Once you have clicked the 'create account' button you will then be directed to the sign in page (screenshot below).

Please select the orange sign in button.

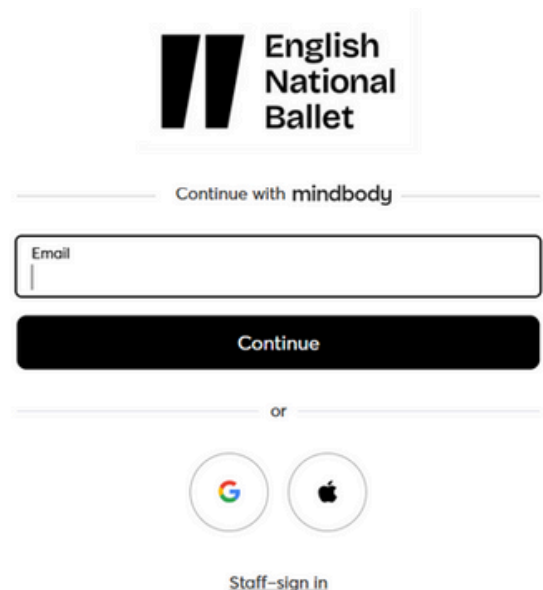
The screenshot shows the English National Ballet website's sign-in and account creation page. At the top left is the logo. To the right are links for 'Staff sign-in', 'Create account', and 'Sign in'. Below these are navigation tabs: 'ENBYOUTHCO', 'CLASSES FOR ALL', 'DANCE FOR PARKINSON'S', 'FREE TASTER CLASSES', and 'MY INFO'. The main content area has the title 'ENGLISH NATIONAL BALLET' and two boxes. The left box is titled 'Sign in' and says 'Use your email and password' with an orange 'Sign In' button. The right box is titled 'Create an account' and says 'Set up your account to get started' with a light blue 'Create account' button. An 'or' is placed between the two boxes. At the bottom right, it says 'ENGLISH NATIONAL BALLET - Site ID: 5745510 | mindbody'.

Step 5: Sign in page

You'll be taken to the main sign in page.

Please make sure to use the email address you entered in your registration form - this will be the details you need everytime you book a Dance for Parkinson's class.

Click the black 'Continue' button.

The screenshot shows the English National Ballet sign-in page. At the top is the logo. Below it is a 'Continue with mindbody' link. There is an email input field with the placeholder text 'Email'. Below the input field is a large black 'Continue' button. Below the button is an 'or' separator. At the bottom are two circular icons for Google and Apple. At the very bottom is a 'Staff-sign in' link.

Step 6: Verify your account

You will then be prompted to verify your account via your email.


Please open a second web browser to open your email account and open the email from English National Ballet.

Check your inbox, spam or junk folders to find the email.

 ENGLISH NATIONAL B... Verify your email for ENGLISH NATIONAL BALLET Your verification code is : Please use this code to ve...

This email will have a 6 digit number.

Copy and paste this 6 digit number into your first web browser which has the MindBody login in. The screenshot on the right is what this should look like.



Verify your email

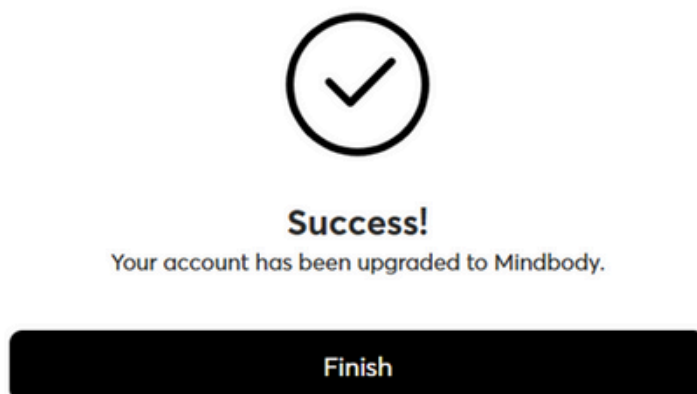
To confirm your account please enter the passcode sent to
2testlogin@atomicmail.io

Check your spam folder or request a new code

[Request new code](#)

Once your account is verified you will be informed it was successful!

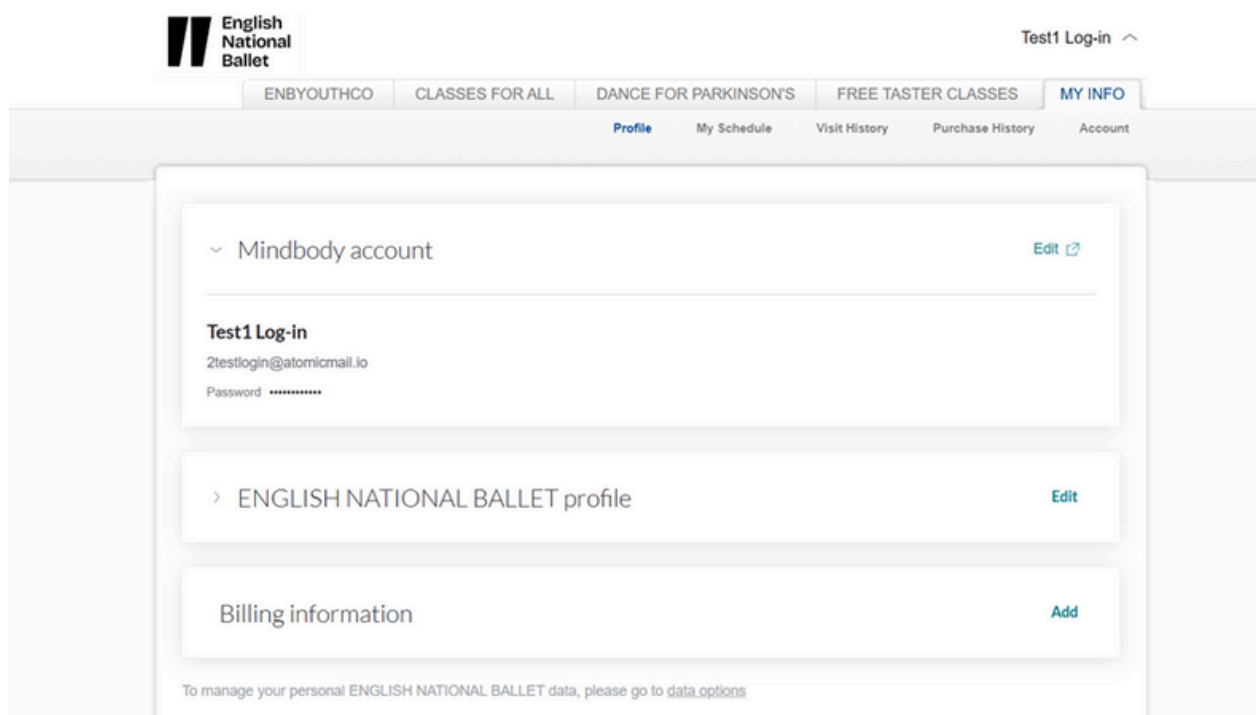
Please click the black finish button to progress onto selecting your class.



Step 7: Accessing your MindBody account

You are now logged into your MindBody account.

This is where you can edit your profile. You can find all of this information under the tab 'My Info'.



We recommend you bookmark or save this page on your web browser to easily find it again.

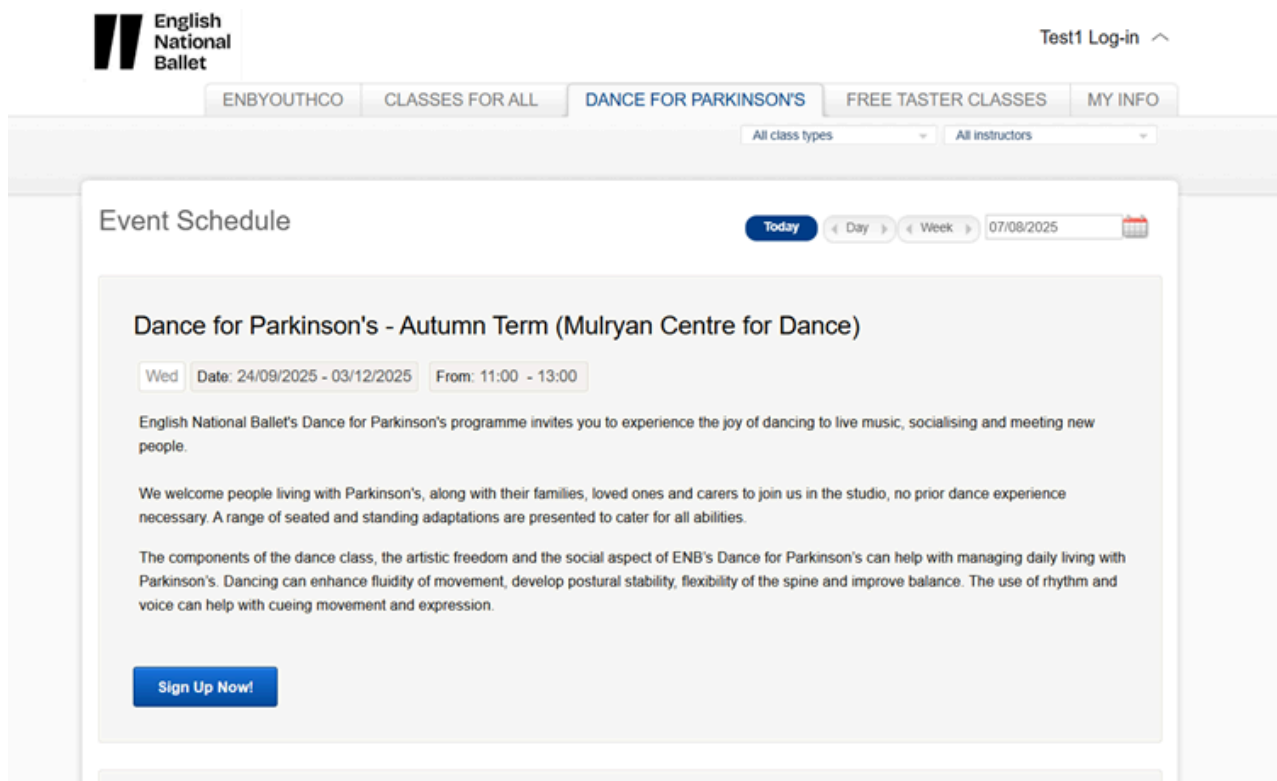
Please note you won't be able to find English National Ballet by searching on MindBody, you need to use this link or go via our website to ensure you are on the correct login portal.

Step 8: Booking your class

To select the class you wish to book please press the 'Dance for Parkinson's' tab.

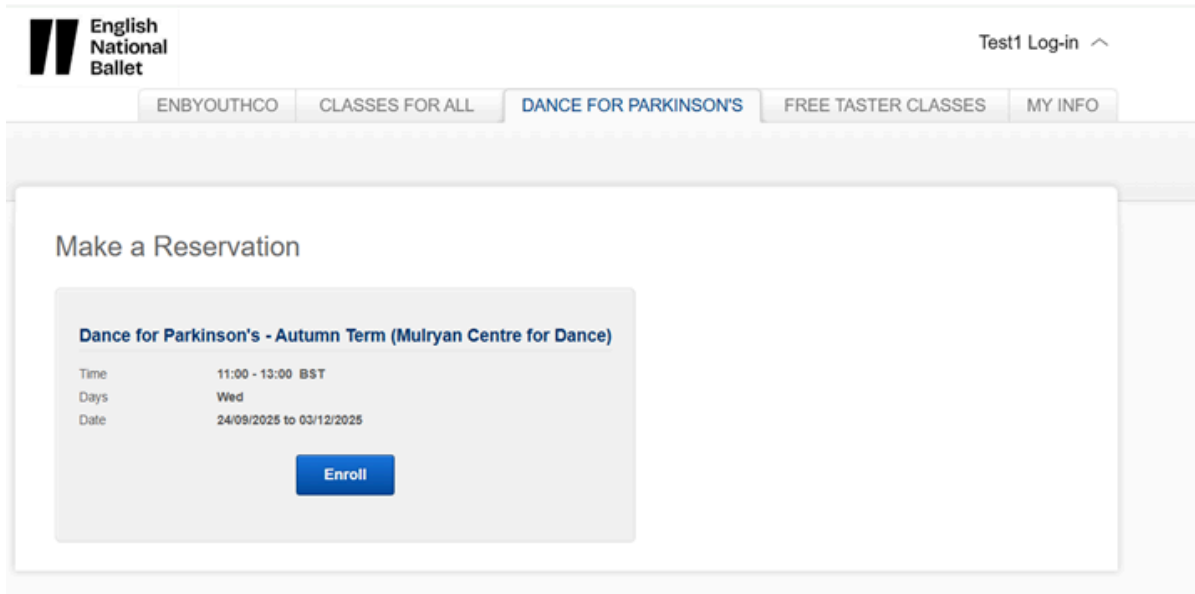
Here you will find all the classes currently available to book. If you scroll down you will see each class individually.

To book, please press the blue sign up now button on the class you wish to book. The screenshot below is an example from the Dance for Parkinson's - Autumn Term (Mulryan Centre for Dance).



The screenshot shows the English National Ballet website interface. At the top, there is a navigation bar with the ENB logo and the text "English National Ballet". To the right, there is a "Test1 Log-in" link. Below the navigation bar, there are several tabs: "ENBYOUTHCO", "CLASSES FOR ALL", "DANCE FOR PARKINSON'S" (which is highlighted), "FREE TASTER CLASSES", and "MY INFO". Below the tabs, there are two dropdown menus: "All class types" and "All instructors". The main content area is titled "Event Schedule" and features a calendar view with "Today" selected. The selected event is "Dance for Parkinson's - Autumn Term (Mulryan Centre for Dance)". The event details include the day "Wed", the date range "Date: 24/09/2025 - 03/12/2025", and the time "From: 11:00 - 13:00". The description of the event states: "English National Ballet's Dance for Parkinson's programme invites you to experience the joy of dancing to live music, socialising and meeting new people. We welcome people living with Parkinson's, along with their families, loved ones and carers to join us in the studio, no prior dance experience necessary. A range of seated and standing adaptations are presented to cater for all abilities. The components of the dance class, the artistic freedom and the social aspect of ENB's Dance for Parkinson's can help with managing daily living with Parkinson's. Dancing can enhance fluidity of movement, develop postural stability, flexibility of the spine and improve balance. The use of rhythm and voice can help with cueing movement and expression." At the bottom of the event details, there is a blue button labeled "Sign Up Now!".

Once you are happy with the class you have selected press the blue 'enroll' button.



The screenshot shows the 'Make a Reservation' page. At the top, there is a navigation bar with the English National Ballet logo and a 'Test1 Log-in' link. Below the logo, there are tabs: 'ENBYOUTHCO', 'CLASSES FOR ALL', 'DANCE FOR PARKINSON'S' (which is highlighted), 'FREE TASTER CLASSES', and 'MY INFO'. The main content area is titled 'Make a Reservation' and contains a box for the selected class: 'Dance for Parkinson's - Autumn Term (Mulryan Centre for Dance)'. Inside this box, the following details are listed:

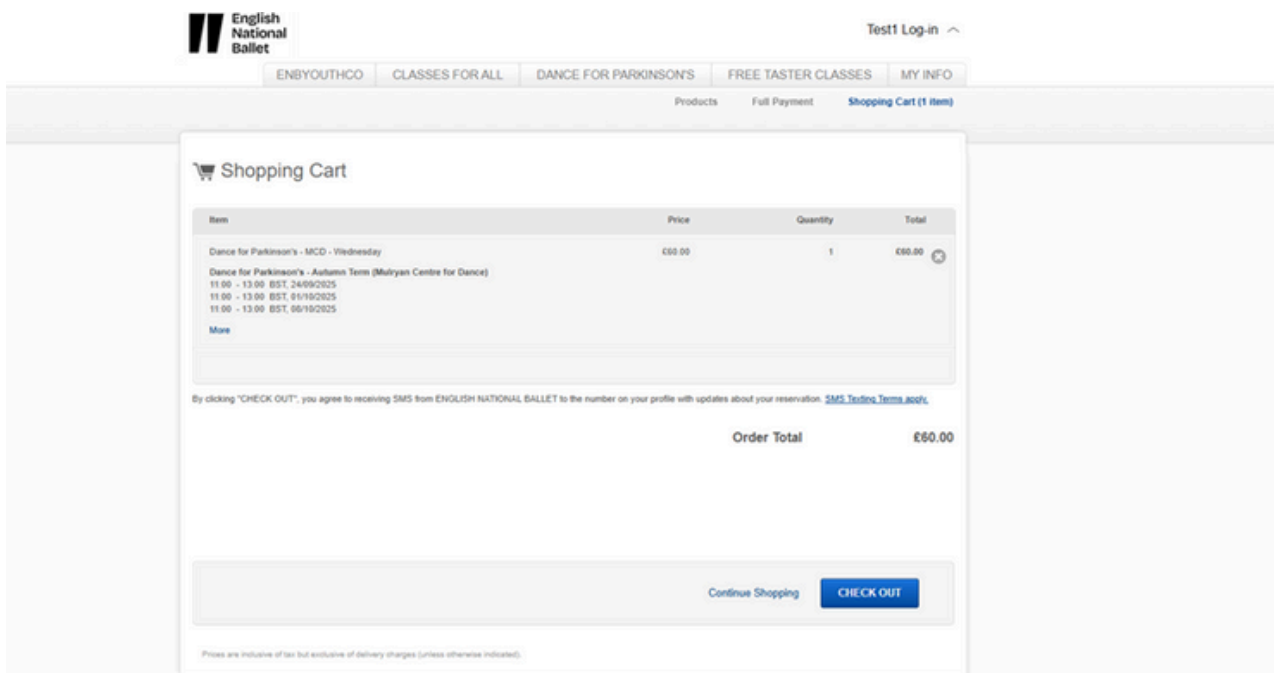
- Time: 11:00 - 13:00 BST
- Days: Wed
- Date: 24/09/2025 to 03/12/2025

Below these details is a blue 'Enroll' button.

Step 9: Confirming your basket

The next page shows you what is in your basket, if you are happy with your selection please press the blue checkout button.

If you can't see the button at first, scroll down the page.



The screenshot shows the 'Shopping Cart' page. At the top, there is a navigation bar with the English National Ballet logo and a 'Test1 Log-in' link. Below the logo, there are tabs: 'ENBYOUTHCO', 'CLASSES FOR ALL', 'DANCE FOR PARKINSON'S' (which is highlighted), 'FREE TASTER CLASSES', and 'MY INFO'. The main content area is titled 'Shopping Cart' and contains a table with the following items:

Item	Price	Quantity	Total
Dance for Parkinson's - MCD - Wednesday	£60.00	1	£60.00
Dance for Parkinson's - Autumn Term (Mulryan Centre for Dance) 11:00 - 13:00 BST, 24/09/2025 11:00 - 13:00 BST, 01/10/2025 11:00 - 13:00 BST, 08/10/2025 More			

Below the table, there is a note: 'By clicking "CHECK OUT", you agree to receiving SMS from ENGLISH NATIONAL BALLET to the number on your profile with updates about your reservation. [SMS Texting Terms apply.](#)'

At the bottom right, the 'Order Total' is displayed as £60.00. Below this, there are two buttons: 'Continue Shopping' and a blue 'CHECK OUT' button.

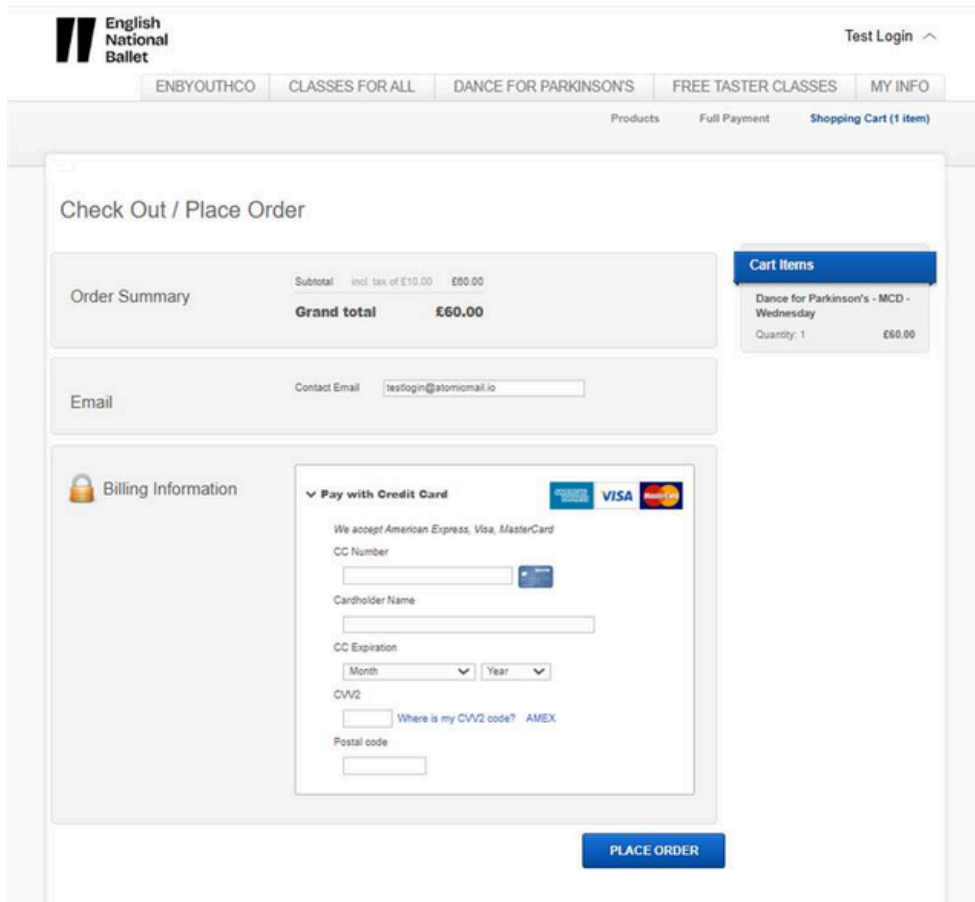
Prices are inclusive of tax but exclusive of delivery charges (unless otherwise indicated).

Step 10: Completing your payment

The last step is to complete the payment. Firstly, double check your email address is accurate.

Then enter your card details in the Billing Information boxes.

When all the information is correct, press the blue button to place your order. Once this process is complete you will receive a receipt and order confirmation email, please check your inbox, spam and junk.



The screenshot shows the 'Check Out / Place Order' page of the English National Ballet website. The page includes a navigation bar with links to 'ENBYOUTHCO', 'CLASSES FOR ALL', 'DANCE FOR PARKINSON'S', 'FREE TASTER CLASSES', and 'MY INFO'. Below the navigation bar, there are tabs for 'Products', 'Full Payment', and 'Shopping Cart (1 item)'. The main content area is divided into three sections: 'Order Summary', 'Email', and 'Billing Information'. The 'Order Summary' section shows a subtotal of £60.00, a grand total of £60.00, and a note about a £10.00 discount. The 'Email' section has a contact email field with the value 'testlogin@atommail.io'. The 'Billing Information' section is expanded, showing a 'Pay with Credit Card' section with fields for CC Number, Cardholder Name, CC Expiration (Month and Year), CVV2, and Postal code. There are also logos for American Express, Visa, and MasterCard. A 'PLACE ORDER' button is located at the bottom right of the form.

English National Ballet

Test Login ^

ENBYOUTHCO CLASSES FOR ALL DANCE FOR PARKINSON'S FREE TASTER CLASSES MY INFO

Products Full Payment Shopping Cart (1 item)

Check Out / Place Order

Order Summary

Subtotal Incl. tax of £10.00 £60.00

Grand total £60.00

Email

Contact Email testlogin@atommail.io

Billing Information

Pay with Credit Card

We accept American Express, Visa, MasterCard

CC Number

Cardholder Name

CC Expiration

Month Year

CVV2

Where is my CVV2 code? AMEX

Postal code

PLACE ORDER

Cart Items

Dance for Parkinson's - MCD - Wednesday

Quantity: 1 £60.00

If you have any problems completing the payment or with any of the steps please reach out to the team at dancehealth@ballet.org.uk.