

How to: Book a Dance for Health 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.

Do I need to make an account?

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

When booking your term you will start with this page here. If you have not previously registered for an ENB MindBody please follow the steps in this document to register with us.

If you have already created an ENB MindBody account you can log into that to book your new term of classes. You do not need to register again in this case.

English
National
Ballet

Book Dance for Health

New Customer

[What's on](#) [Move with us](#) [About us](#) [Support us](#) [Find us](#) [Q](#)

New to ENB MindBody?

If you have not previously registered for an ENB MindBody account, please create your account before booking. [MindBody accounts created with other organisations will not work.](#)

[Create my ENB MindBody account](#) →

Existing Customer

Registered with ENB MindBody?

If you have already created an ENB MindBody account, please login below, to continue your booking. [MindBody accounts created with other organisations will not work.](#)

[Login to my ENB MindBody Account](#) →

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

Dance for Health: Registration Form

Please complete the form 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 Health**.
- Choose your class by clicking **Sign Up Now!** followed by **Enroll**.
- From here you can check out.

[If you need step-by-step booking instructions for booking a Dance for Dementia or Dance for Parkinson's class click here.](#)

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

Personal Information

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 black 'register' button at the bottom of the page.

Liability Release

Health & Safety - Liability Release

In the interest of personal health and safety, English National Ballet must be notified of any physical, cognitive, or sensory difficulties that you may have, as well as a declaration of any known medical conditions that we should be aware of, including any prescribed medication you are currently taking.

I understand that I am responsible for providing any information to English National Ballet regarding any injuries or illnesses that may affect my ability to participate in English National Ballet Engagement programmes. I confirm that I am voluntarily engaging in dance activities that may include physical, aerobic (e.g. jumping, rolling, turning) and stretching exercises. I choose to take part knowing and accepting that these activities involve certain risks that may result in injury to me / affect my personal health. I acknowledge that English National Ballet cannot be held responsible for any injuries, loss, or damage to my person or property. I confirm I will keep English National Ballet updated should there be any changes to the above information.

Unacceptable Behaviour Notice

We will not tolerate any form of harassment, bullying or abusive behaviour towards our staff from any person and operate a zero tolerance policy. Harassment, bullying and abusive behaviour includes behaviour, actions or language, whether written, on-line, verbal or physical, that may make our staff feel intimidated, threatened, afraid or abused.

What may appear to be acceptable behaviour may become unacceptable if that behaviour is so concerning that it negatively impacts our ability to do our work. Behaviour may become unacceptable where demands are so persistent or frequent that they amount to harassment and become intrusive to any member of staff.

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.

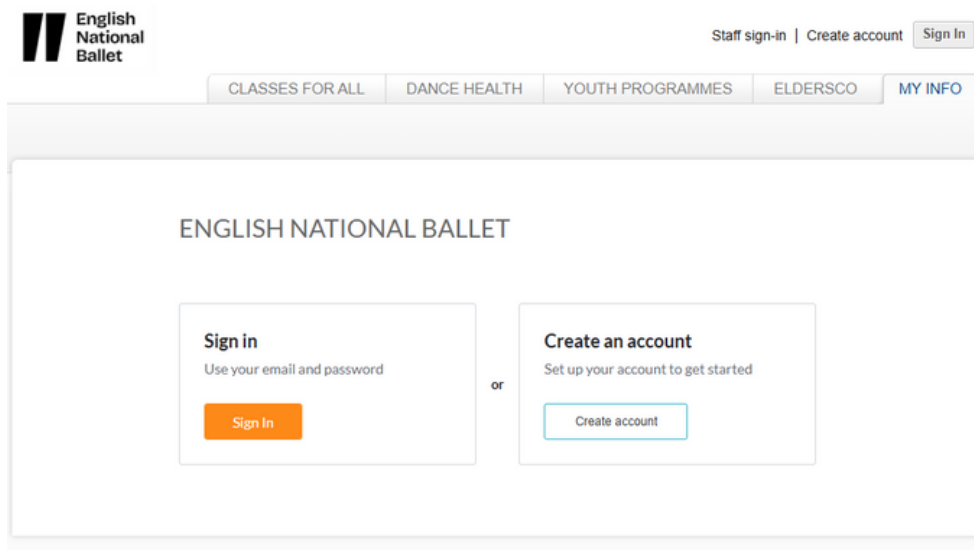
☐ I agree with the above terms *

REGISTER

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.

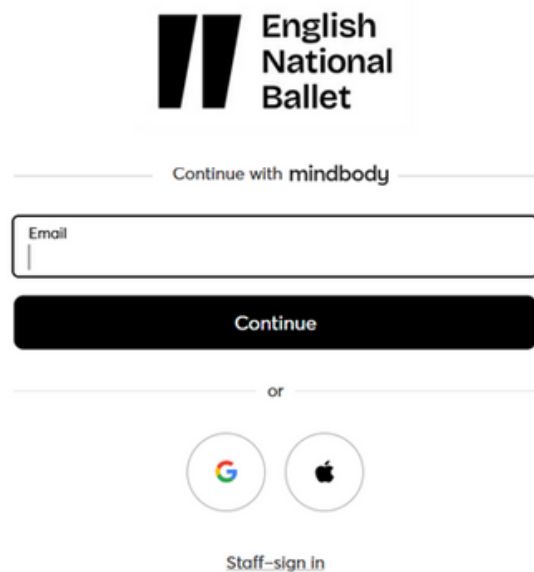
The screenshot shows the English National Ballet website's sign-in page. At the top left is the logo. To the right are links for 'Staff sign-in', 'Create account', and a 'Sign In' button. Below these are navigation tabs: 'CLASSES FOR ALL', 'DANCE HEALTH', 'YOUTH PROGRAMMES', 'ELDERSCO', and 'MY INFO'. The main content area is titled 'ENGLISH NATIONAL BALLET' and contains two boxes. The left box is for 'Sign in' with the instruction 'Use your email and password' and an orange 'Sign In' button. The right box is for 'Create an account' with the instruction 'Set up your account to get started' and a light blue 'Create account' button. An 'or' is placed between the two boxes.

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 main sign-in page. At the top is the logo. Below it is a link to 'Continue with mindbody'. There is an 'Email' input field, followed by 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 link for 'Staff-sign in'.

Step 6: Verify your account

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

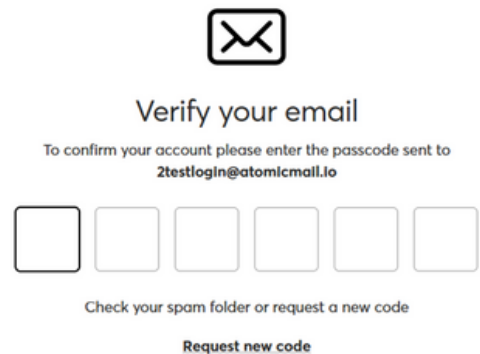
Please open a second web browser to open your email account and open the email from English National Ballet.

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

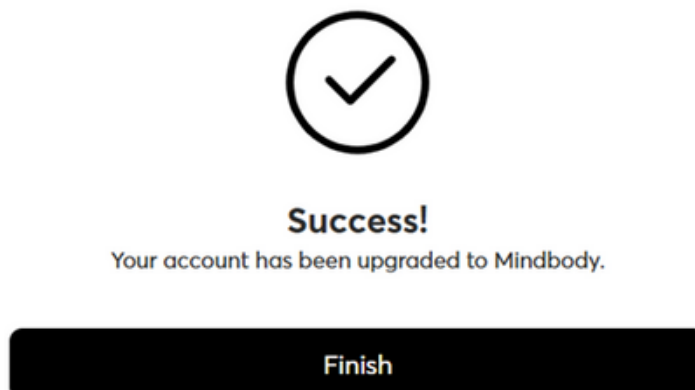
To confirm your account please enter the passcode sent to
2testlogin@atomicmail.io

Check your spam folder or request a new code

[Request new code](#)

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

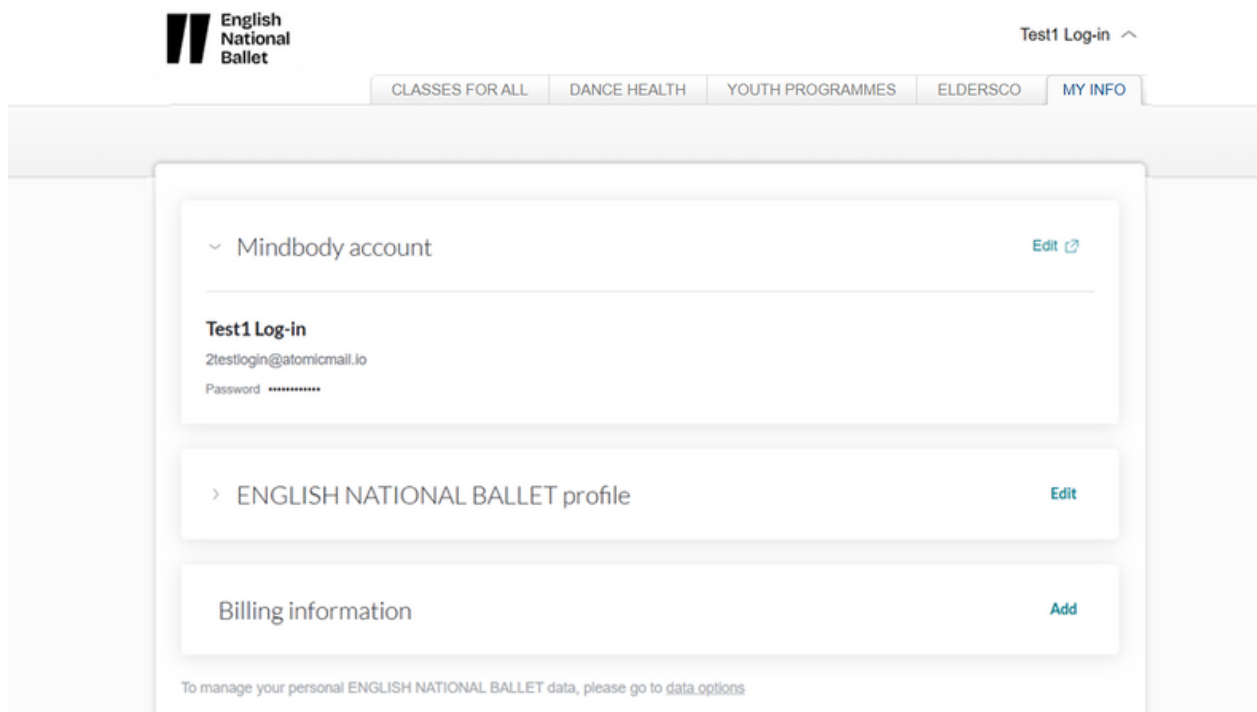
Please click the black finish button to progress onto selecting your class.



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.

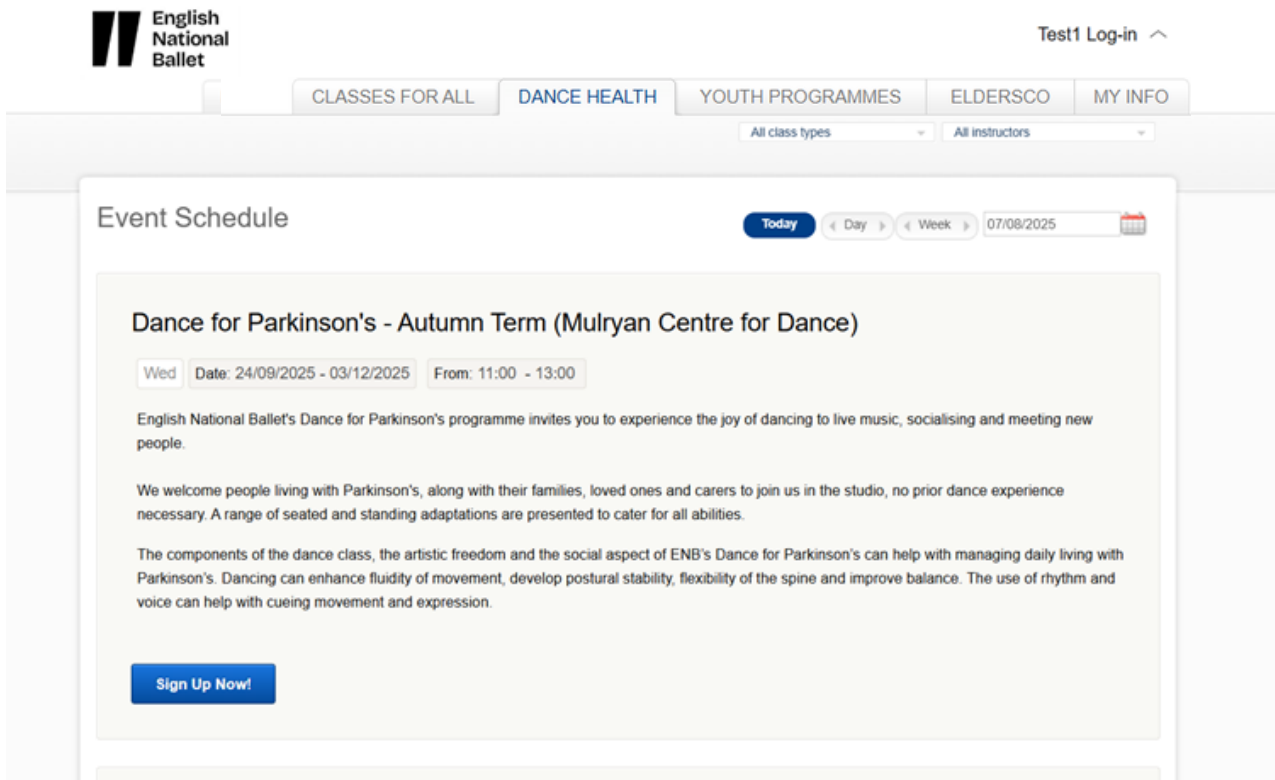
Step 8: Booking your class

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

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

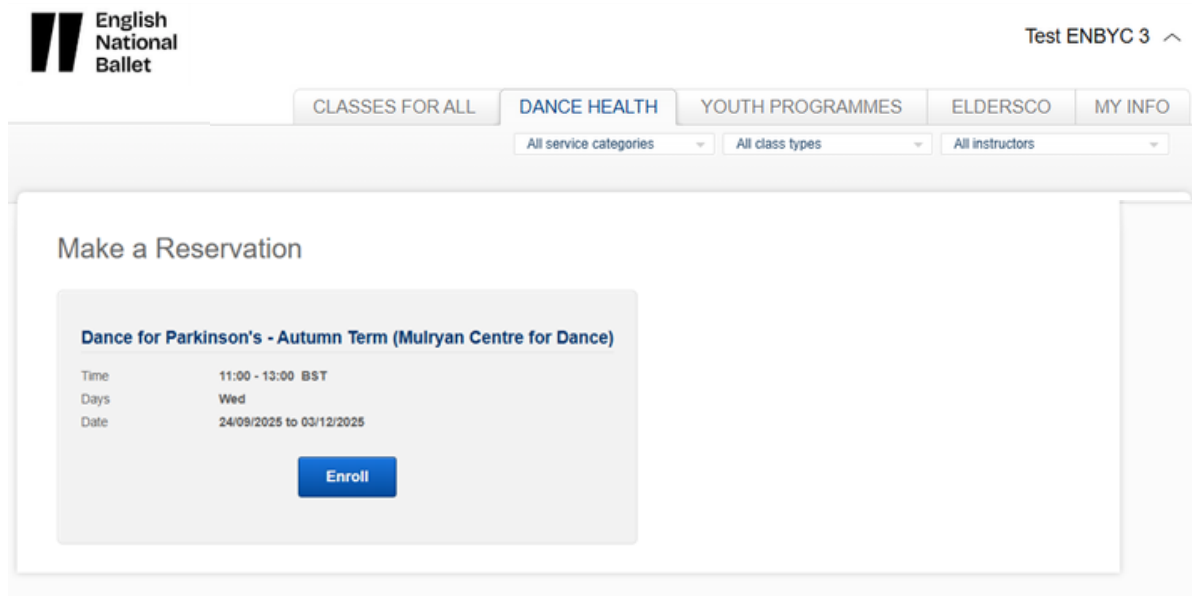
To book, please press the blue sign up now button on the class you wish to book. The screenshot below is an example from the Dance for Parkinson's - Autumn Term (Mulryan Centre for Dance).

You will see several options for different classes. **Please ensure you select the type of class** e.g. Dance for Parkinson's **and the venue** e.g. Mulryan Centre for Dance, that you would like to attend.



The screenshot shows the English National Ballet website interface. At the top, there is a navigation bar with the logo on the left and a 'Test1 Log-in' link on the right. Below the logo, there are five tabs: 'CLASSES FOR ALL', 'DANCE HEALTH' (which is highlighted), 'YOUTH PROGRAMMES', 'ELDERSCO', and 'MY INFO'. Under the 'DANCE HEALTH' tab, 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 show it is on 'Wed', 'Date: 24/09/2025 - 03/12/2025', and 'From: 11:00 - 13:00'. The description 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.



English National Ballet

Test ENBYC 3 ^

CLASSES FOR ALL DANCE HEALTH YOUTH PROGRAMMES ELDERSCO MY INFO

All service categories All class types All instructors

Make a Reservation

Dance for Parkinson's - Autumn Term (Mulryan Centre for Dance)

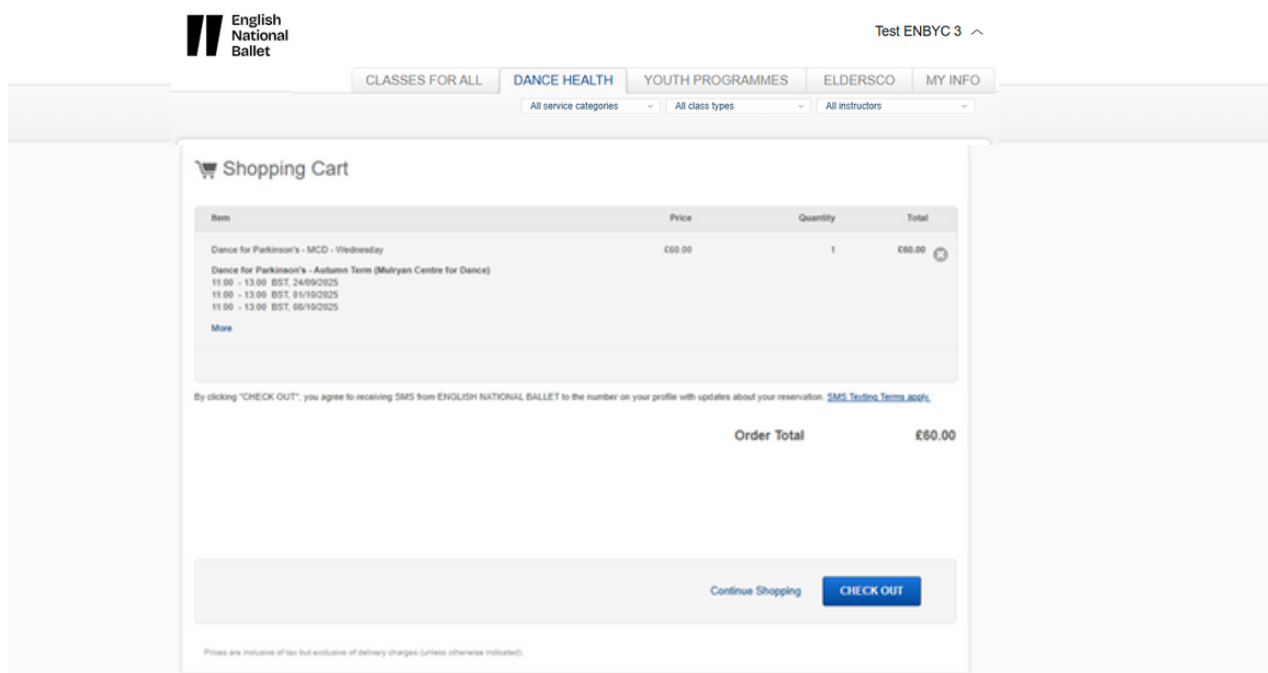
Time 11:00 - 13:00 BST
Days Wed
Date 24/09/2025 to 03/12/2025

[Enroll](#)

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.



English National Ballet

Test ENBYC 3 ^

CLASSES FOR ALL DANCE HEALTH YOUTH PROGRAMMES ELDERSCO MY INFO

All service categories All class types All instructors

Shopping Cart

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			

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.](#)

Order Total £60.00

[Continue Shopping](#) [CHECK OUT](#)

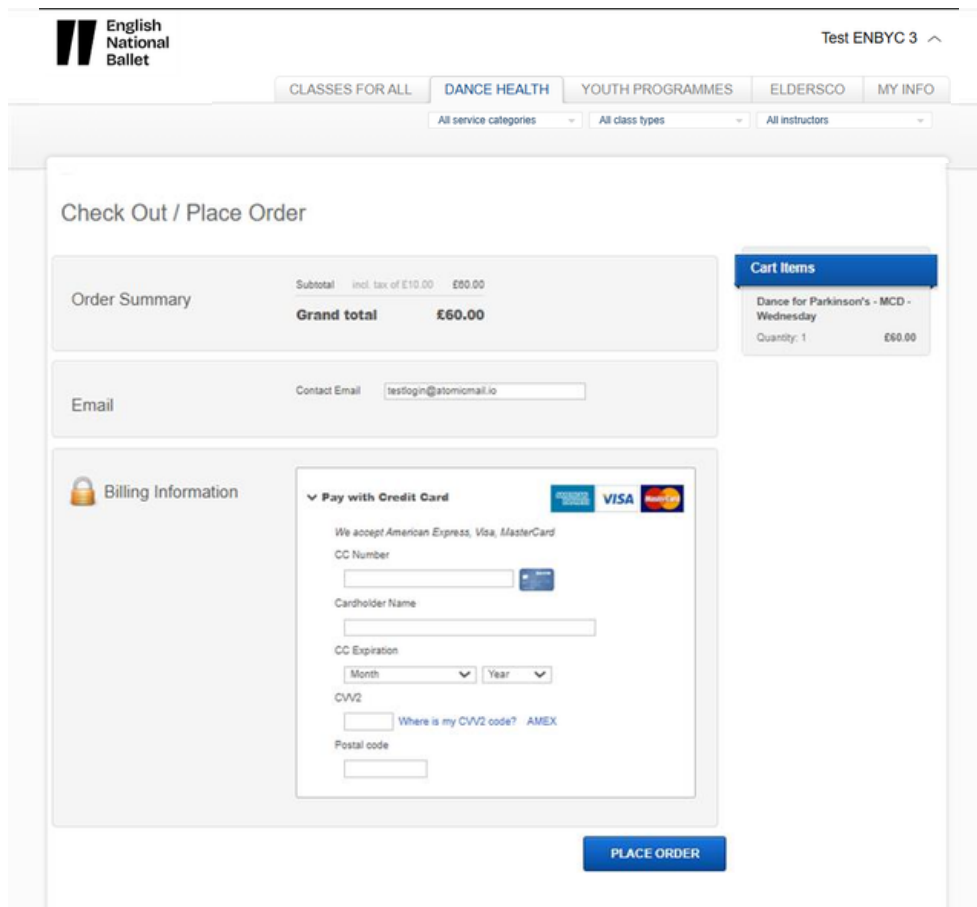
Prices are inclusive of tax but exclusive of delivery charges (unless otherwise indicated).

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. At the top, there is a navigation bar with the logo and the text 'English National Ballet'. To the right, it says 'Test ENBYC 3'. Below the navigation bar, there are tabs for 'CLASSES FOR ALL', 'DANCE HEALTH', 'YOUTH PROGRAMMES', 'ELDERSCO', and 'MY INFO'. Under the 'DANCE HEALTH' tab, there are three dropdown menus: 'All service categories', 'All class types', and 'All instructors'. The main content area is titled 'Check Out / Place Order'. It is divided into three sections: 'Order Summary', 'Email', and 'Billing Information'. The 'Order Summary' section shows a subtotal of £60.00, including tax, and a grand total of £60.00. The 'Email' section has a 'Contact Email' field with the value 'testlogin@atomicmail.io'. The 'Billing Information' section has a 'Pay with Credit Card' option, which is selected. It shows logos for American Express, Visa, and MasterCard. Below the logos, it says 'We accept American Express, Visa, MasterCard'. There are input fields for 'CC Number', 'Cardholder Name', 'CC Expiration' (with month and year dropdowns), 'CVV2', and 'Postal code'. A link 'Where is my CVV2 code? AMEX' is also present. A blue 'PLACE ORDER' button is at the bottom right. A 'Cart Items' sidebar on the right shows one item: 'Dance for Parkinson's - MCD - Wednesday' with a quantity of 1 and a price of £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**](mailto:dancehealth@ballet.org.uk).