

MBOCKY

NO 11 , GERMANY, AUGUST 2020

COVID19:
LIFE SLOWLY
RETURNS TO
NORMAL

It is vital
staying
well
hydrated

I MUST
STAY WITH
HIM
OTHERWISE
HE WILL
KILL ME

DO NOT
LISTEN TO
THEM!

THE GENIUS
OF MRS.
SYLVIE NGOUE
WITH HER
KIZOMBA
237 CLUB





African woman, you are a powerful woman with lot of potential! Get up and make your dreams come true! Go ahead and never stop, for you are gifted with knowledge and skills! Above all,

“BE PROUD OF YOURSELF”

By Sylvie Ngoue

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EDITO

THE INTERNATIONAL AFRICAN WOMEN'S DAY

Important yet little-known



We can never stress this enough, women are obviously the shapers of the African development. The commitment of several governments to improving the living conditions of African

women demonstrates their willingness to give women the place they truly deserve in the African society. The creation of literacy and training centres, the denunciation and punishment of acts of debasement of women, and the mobilization of some African governments and organizations for the sensitization of the girl child are all actions that illustrate the awareness of the value of women in the African society. This also shows the willingness of the actors to provide African women with useful means to fully improve their conditions, not only as citizens, but also and above all as major players in rebuilding the continent. However, the African woman must remain aware of the fact that she is the main architect of the freedom and place she claims for, and which undeniably depends on her self-fulfilment. The unfortunate truth is that the African woman, like a passive heroine, often misses her own celebration. This is the case of the International African Women's Day, which we focus on in this special issue.

Still known as "Pan-African Women's Day", the International African Women's Day is celebrated on 31st July of each

year. The purpose of creating this decades-old day was bringing together all African women in the aftermath of independence, due to the feeling of the need and importance of getting to know each other better, sharing their ideas and experiences and, above all, pooling their efforts for the emancipation of African women in Africa. Such a great day, yet little known and almost unnoticed, unlike other celebrations of the same kind, such as the International Women's Day celebrated on 8th March, which came into being long after that of the African woman! Indeed, we know how enthusiastically African women await the day of 8 March each year, which many have renamed "8th March party", as evidenced by the fundraising and festive atmosphere that accompanies it. In some African countries, the day of 8th March is all the more important as it is an unmissable opportunity to market the fabric whose annual release was initiated to "pay tribute to the African woman" ... Fewer reflections, more entertainment, such seems to be the goal of 8th March so much promoted, to the detriment of July 31, which is a real appointment to commemorate the historic role of African women in the mobilization of the continent for change.

While acknowledging the progress and advances achieved for the reconsider-

ation of women in the African society, and while continuing to work for the enhancement of African women in all sectors of life, it is vital to remind African women of their share of responsibility in the rank which they very often hold not only at the continental level as compared to men, but also at the global stage vis-à-vis other women. Elevating and celebrating the African woman cannot be done by a better voice than that of the African woman herself. It is therefore high time to restore the image of self-worth through the commitment of African women's actions on an international scale, through special occasions such as the African Women's Day, in order to assert oneself as a woman in Africa and in the world. Of course, this does not mean reducing the battle to one day, as we all know that the quest for freedom and equality that African women are demanding is a daily struggle whose successful outcome will be the effective participation of women in major decision-making, their full empowerment for the production and control of material and symbolic resources, and the general improvement of their living conditions.

***By Pulchérie Delboise
Ngo Nlengui***

KRIBI LA BELLE



Kribi, the touristic capital of Cameroon and of Central Africa is full of wonders. Located in the southern region, department of the ocean, the small seaside town is home to more than 72,000 people whom it offers all the beauty of the sea and the sun, two intimate allies of the breathtaking view of its golden twilights. This maritime paradise, which is very popular with tourists from all horizons, is endowed with natural beaches of fine white sand. Visiting

Kribi is a real adventure through its thousand discoveries ranging from beaches to impressive waterfalls, not forgetting its amazing hunting and cultural arts specific to the people of the forest. The city is also home to many endemic species, elephants and great apes that are found in the Campo Ma'an zoological park.

In addition to its natural wealth, Kribi la Belle is growing a little more each day thanks to the realization of vast development



projects that make it more majestic and unmissable. The city is indeed a strategic point for maritime traffic in the Gulf of Guinea and the terminus of the pipeline transporting crude oil from the oil fields of the Doba region in south-western Chad. Kribi has also recently been equipped with a deep-sea port, all in favor of its development.

By Pulchérie Ngo Nlengui





COVID 19: LIFE SLOWLY RETURNS TO THE NORMAL

The COVID-19 pandemic, which occurred last year, continues to wreak havoc and panic among the world's population. The health crisis that first hit China in mid-December 2019 has soon invaded the entire globe, tilting all strata in its path, regardless of race or social condition. The African continent was the object of serious concern at the beginning of the pandemic due to its fragile economy. However, Africa has surprisingly recorded far fewer victims than was expected by external opinion. Was it by luck, a divine miracle or naturopathy? The mystery is just waiting to be unravelled...

Several months after the virus has occurred, its deadly lightning does not seem to give way to the wear and tear of time, let alone to the daily efforts of scientists to overcome it at all costs. Thus, countries are passing the buck by competing for the deaths linked to COVID-19. On July 12 for instance, Mexico became the fourth country with



the most deaths, ahead of Italy. The other appalling observation is the negative and unexpected impact of the pandemic in many other domains. Indeed, the crisis, which was exclusively health-related at the beginning, is now proving to be more widespread as it spreads to other important sectors that have become collateral victims of the COVID19 pandemic. Particularly in the economic sphere, isolation measures such as border closures have greatly weakened the major industrialized countries, as well as developing countries. Similarly, social relations have been altered by individual sacrifices imposed by the health crisis. For good reason, many people have been separated from their loved ones for their mutual safety or, in the worst cases, by a sudden and unexpected death caused by the pandemic. The closure of borders has also contributed to this physical divide, stopping people who were in foreign lands from joining their families at a time when human warmth is the gold standard. Children deprived of the affection of their parents stranded in airports or hotels, grandparents deprived of the warmth of their grandchildren now considered dangerous to their health, families quarantined for having lost a loved one and therefore having been declared suspect: these are all barriers erected by the silent and invisible enemy that has been sowing terror throughout the world for months.



Yet we must go on living! For almost two months now, many countries have been softening their measures to let activities resume gradually in certain sectors. This is the case of schools, businesses and certain public spaces, including restaurants, which have experienced a real freefall during the long period of truce imposed by the pandemic. However, a reminder of the rigorous application of barrier gestures remains in order at all levels. As far as schools are concerned, this involves moving from large-sized to small-sized classes, banning various games among learners, making it compulsory to wear masks and ensuring hand hy-

giene. In public spaces such as drinking establishments and restaurants, it was recommended that their capacity should be restricted by 50 per cent in addition to collective measures. In companies, many employers have opted for alternating employees in order to avoid possible friction.

Just as in public spaces, a number of gestures can still be observed in several households, all committed to blocking the virus of death. In many homes, visits of any kind remain undesirable and

outings are avoided as much as possible. For extreme cases or for residents forced to go out for professional, academic or survival needs, all precautions are taken. Some occupants are forced to take off their shoes or walk on a bleach-soaked towel to ensure that the virus, if inadvertently carried, has remained outside.

While it is true that many people try to follow instructions carefully so as to prevent the spread of the virus, it is also true that many others behave in a totally irresponsible manner. These include the outright refusal to wear masks, and regular hand washing. This attitude is urging governments to react for the health and lives of their populations. Hence the recommendation for sanctions. In Cameroon, for example, the compulsory wearing of masks was reinstated this early August for all persons in public places.

Although the virus seems reckless, life is gradually resuming its normal course, and in hearts or on the lips, prayers are going to the to Providence, which still seems silent or slow to react, for a definitive return to the normal. The race has definitely begun, but the finish line remains unknown to the breathless athletes.

By PULCHERIE DELBOISE NGO NLENGUI





HOW TO STAY WELL HYDRATED?

Every day and in all seasons, our body loses water through using energy. This lost water corresponds to 65% of the elements our body is made up of. The water lost on a daily basis is about 3 litres, and needs to be replaced.

WHAT IS HYDRATION?

Hydration consists of ensuring that our body has the quantity of water that it needs to stay fit. Good hydration therefore involves recovering the 3 litres that our body loses during the various activities we carry out throughout the day. Fortunately, there are many ways to do this, and the day is long enough give us time for that.





WATER CONSUMPTION

We must drink enough water. Indeed, water is the main means of hydration. It is therefore advisable to drink much water throughout the day. However, people do not always agree on the appropriate frequency for this, especially with regard to meals. In fact, some specialists recommend drinking water before meal, others after meal, and some others during meal.

OTHER WAYS TO HYDRATE

Drinking water is not the only way to stay hydrated. In fact, everyone can add the consumption of other drinks, vegetables and fruit to that of water, with the aim of recovering the three previously-mentioned litres. These include :

-Sugar-free drinks: It is good to drink tea, fruit juice, herbal teas, etc., as long as you do not add sugar.

-Fruits and vegetables : Fruits such as bananas are recommended, in addition to water, to rehydrate, especially after an intense physical activity. If possible, we recommend taking half a litre of water about two hours before such an activity. Furthermore, according to nutri

tionist Laurence Plumey, vegetables and fruit are on average 95% water. Consuming them at each meal therefore corresponds to recovering between 1 and 1.5 litres of water. In this case, all that would be left would be to take the remaining 1.5 or 2 litres of water.

BEWARE OF EXCESSES AND FORGETFULNESS

Although it is advisable to consume enough water to ensure good hydration, this consumption requires a minimum of discipline to be efficient. In fact, we strongly advise against spending the whole day without water to gulp down 3 litres of water late at night. This would cause the water to stagnate, thus encouraging the development of bacteria, especially if you have to hold back from urinating during the same night. You should also avoid always waiting until you are thirsty to drink water. Indeed, if you are very busy, you may become insensitive to the body's thirst signals. It is therefore appropriate to educate yourself about hydration, so that it becomes automatic.

In short, in order to recover the 3 litres of water lost each day, one must not only drink water, but also consume sugar-free drinks, as well as vegetables and fruit. However, water remains (obviously) the most important element for hydration. For this reason, it is often recommended to drink as much water as possible.

By Charlie NGO MBOUA

IMPORTANT DATES IN AUGUST

DATES	EVENEMENTS
7th August 2020	THE INTERNATIONAL BEER DAY
From 6th to 11th August 2020	INTERNATIONAL TRADE FAIR FOR DESIGN AND DESIGNERS, JOHANNESBURG, SOUTH AFRICA
From 12th to 15th August 2020	CHINA TRADE-ETHIOPIA (For company managers, professional buyers, wholesalers or import/export organizations looking for new sources for their products and services).
From 14th to 17th August 2020	TOUR EIFFEL KIZOMBA FESTIVAL, PARIS
From 17th to 30th August 2020	INTERNATIONAL CARTOON FESTIVAL
August 2020	AGRO-COMMERCIAL AND INDUSTRIAL FAIR OF MOZAMBIQUE
19th August 2020	WORLD PHOTOGRAPHY DAY
31st August 2020	WORLD BLOG DAY



I must stay otherwise he'll kill me : what should I do?

Being in a relationship is not quite simple. In fact, you may have problems or you may not get along well with your spouse. In that case, don't stay with him because you are afraid, or you feel guilty; just leave. If you make such a decision, and your partner promises to kill you, and you don't know what to do, here are some tips that will certainly help you solve the matter.

Love and break-up

Being in a relationship with a man you're in love with is the desire of every woman. However, it can happen that love, for whatever reason, fades, and you want a divorce. When love fades in a relationship and you wish to divorce, men, depending on their psychological and mental abilities, may react in different ways:

- Some will take the news with empathy and disappointment, but will understand your point and, will let you go;
- Others, especially those who are suicidal, will threaten to kill themselves if you ever leave them;
- Some others will threaten to kill you.
- In any case, do not stay with a man out of guilt or fear. If your man threatens you, there are possible ways out.

File a complaint

You should be aware that if you decide to leave your partner and the latter threatens you, this is psychological violence that has an impact on your physical and psychological health. Threats, like beatings are punishable crimes. You can therefore report the matter to the police and file a complaint.

There are two types of threats without orders or conditions, according to the law:

- Death threats : this occurs when your partner threatens to kill you;
- Threats of crime : this is when your partner threatens another crime or offence such as rape.

These intimidations are all punishable by law.

Contact professionals

If you are experiencing psychological abuse, which can become physical, do not hesitate to meet with domestic violence professionals. However, first and foremost, try to find refuge with someone you can confide in and in whom you can find support, and who can provide you with necessary accompaniment (family, friend, etc.).

You can then meet professionals with whom you can take steps to get out of this situation. For instance, you can do the following :

- Refer to approved help centres in your town or country;
- Contact professionals who will inform you of your rights, and support you in all your efforts.

To sum up, there are possible many resources available to help you divorce your spouse in complete safety. If you feel you are in danger, all you have to do is contact competent authorities for your safety.

By Ashley MBOCK





DO NOT LISTEN TO THEM

“First, they ignore you. Then laugh at you. Then attack you. Then you win.”

“Do not listen to them.”

is not just a flat sentence. In fact, this sentence has the complete essence and character. Everybody always has something to say about what you say or do, but it is not vital to pay attention to them each comment. Many people have lots of opinions such as people you know, people you love, or hate; everyone has something to utter. People may tell you what

to do, what to think, and what is right or wrong for you, but no one can make the decisions for your life.

You are the only responsible for your own life, and you should take actions according to your needs. None could actually tell you what to do and what is best for you; you are the driver of your life, so stop listening to them. If we unnecessarily listen to the people for the decisions of life, then there are fair chances that people will work to fail us. These are the following reactions that we could hear:

It is impossible

When we try to achieve something, then there is a common reaction of the people trying to stop us. They say it is impossible to achieve the goal, and we should step back from our dream.

You will fail

It is another common assertion we often hear from unsuccessful people. People try to frighten us from failure. That's why it is vital to overcome our fear of success.

Just stick on the real job.

If you want to start a business instead of a 9-5 job, then it is possible that people try to convince you not to leave the traditional path. It is common that people instigate you not to take the decision out of the box and live with the old conventional ways.

Make money online?

If you are trying to find new ways to get into the online market, you can hear many comments about the disadvantages of this field. People want you to stop achieving your heart. It is the right choice not to pay attention to the people and always follow your heart and make new ways.

Market is overflown

There are so many excuses that you hear from the people, and they commonly use these to keep you away from your real destination. If you are thinking of doing business, there would be so many comments and excuses about the market condition that you could face loss.

It is too late to start now.

“Care about what others think, and you will always be their prisoner.”

80% of the people try to stop others by saying this phrase that now it is too late for you. There is nothing you can't achieve, and every

time is right perfect, whether you want to take the admission or do the business. Just follow your heart and conquer the world with your brilliance.

It is not for you

Just because someone has an opinion does not mean you should listen to them. People speak out of jealousy for you and by saying that these things are not right for you. So, see your worth and do whatever you want to do, wear that dress, do that business, or get that tattoo. Just follow your heart.

It is too hard

There isn't anything too hard for the person to do and follow your dreams. Always beware of the people who fear you from alteration and try to influence you through their de-motivated words.

Crux

“Standing alone is better than standing with people who hurt you.”

They are not you! Therefore you are the only expert of yourself. Nobody can show you the path and nobody can tell you what is better. Trust your abilities. Stop listening to others and always be yourself. Make your own decisions based on your instinct. You will be glad to reach your destination, as you achieved all despite many negative people!

By Ashley Mbock

INTERVIEW WITH Sylvie Rose NGOUE

Mbocky : Could you please introduce yourself in a few words?

Sylvie Rose: *My name's Sylvie Rose NGOUE, and I have several qualifications. I'm a professional documentalist, an event manager, a dance coach, a technical coach, a choreographer ... yes! This is all me!*

M.: You are a Kizomba trainer. Can you tell us more about that?

S.R.: *Yes, indeed! The kizomba which means "party" is a dance for couples, originating from Angola. This traditional African dance has gradually spread throughout the world thanks to the will and desire of several people who wanted to share and discover its originality. It has existed since 1980, but I fell in love with the dance in December 2017. Since then, I decided to follow a training to be able to dance it, and there came my desire to make it known and transmit it to others.*

M: Where did your inspiration to start this programme come from ?

S.R.: *I have always carried out projects related to the transmission of my knowledge. I share the idea that "there is more happiness in giving than in receiving". Having already been very well trained, I wanted to transmit and help others to discover themselves and to improve: these are my primary motivations. So I created a group KIZOMBA237.*

M.: What learning types do you offer your students?

S.R.: *There are two options for the moment. First of all, it is about the couple dance itself and whose techniques include gesture, communication and harmony between two people to actually form a single entity. Then comes the ladystyling which develops female gestures associated with the dance. This option has more women than men. In addition, the majority of people really appreciate the small videos I make for that purpose.*

M.: Do you think Kizomba dance helps women ? If so, how?

S.R. : *There are already more women than men in my club! I believe women really need such programmes for their fulfilment. They are usually under stress and need to relax, do exercise , which can also help them develop self-confidence, lose a little weight, meet other women around a recreational activity! All these points are exactly what I offer during our training sessions. They always leave with a smile on their face because it is pure joy to share these moments.*

M.: What advice would you give to the women reading you right now and to those around you?

S.R.: *Dear women, it's high time you took care of yourself and stop feeling oppressed by the people around you! Dancing has nothing to do with age, social rank, or morphology. It's a state of mind! "Dancing is the best therapy." This is my advice to all those women who will read me. Through dancing, you will discover many aspects of your personality, and you will gain confidence, take up challenges that no one could imagine, and break barriers that others thought were unreachable.*

M.: What major challenges do you often face in your training courses?

S.R: *The major difficulty lies in attempting to assure those who arrive with complexes, those who think they are not up to the task. There are also those who are willing to do*



well, but whose body does not necessarily follow the spirit. Handling all these cases requires a lot of patience and use of specific approaches.

M.: What project(s) are you currently working on?

S.R. : *I'm currently training my ladies for a nice choreography in which one could see the Ladystyling kizomba's gestures, on a Cameroonian rythm. I believe this will also be a way of valuing those women and making them truly be proud of their progress.*

M.: What is your greatest personal and professional achievement?

S.R. : *The creation of my club KIZOMBA 237 with the help of our MANAGER, Mr TIORO LACINA from Ivory Coast, who believed in my project and did everything to help me realize it so far. Beside that, my greatest achievement is to see my students become very good KIZOMBA, andwho have risen from beginners to real professionals. Seeing become coaches or trainers in their turn is great pride.*

M.: How would you describe yourself in three words?

S.R.: *Leader, Perfectionist, Strong-willed.*

M.: What message would you like to convey to African women?

S.R.: *African woman, you are a powerful woman with lot of potential! Get up and make your dreams come true! Go ahead and never stop, for you are gifted with knowledge and skills! Above all, "BE PROUD OF YOURSELF".*

M.: What are some possible ways to get in touch with you for those who may be interested in you programme?

S.R.: *I am available on Facebook under my name Sylvie Rose NGOUE, or on Instagram KIZROSITA. Those willing to contact me or have more information can use these plat-forms even go through you why not!*

M.: Thank you for having answered our questions!

S.R.: *The pleasure was all mine!*



AFRISTYLE

Addressing the African fashion makes many smile. And yet, for several years now, it has been there, very present! Not only is it promoted in many fashion weeks on the African continent, but great Western fashion designers themselves have fallen in love with this unique but fascinating style which they often integrate in their collections. **Mbocky** has chosen three famous African designers who do very well in their field and who obviously impress you.

This is total fashion with the creations in **Bogolan** and Wax of

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KIZOMBA : AN AMAZING DANCE

The month of June was focused on a training session which was especially dedicated to women, with the aim of helping them develop the practice of physical exercise through Kizomba dance. The training was concluded with a shooting session as well as the editing of a nice video-gram that you can find on our official Facebook page **kizomba 237**.



Here are a few testimonials from some of our ladies who agreed to share their experiences in the field of KIZOMBA.



Bénédicte Ngoandé is fond of African, modern and Latin dances. She is also a young entrepreneur in transport, audiovisual

"I discovered Kizomba about two years ago in my dance club because I practice several dances. I decided to work with Rosita whom I found to be very sociable, joyful and full of life, and I needed a relaxed environment to learn. The training she offered was therefore timely, she gave me self-confidence, I developed my feminine gestures, which became more sensual and soft, even my way of being changed. Kizomba allows me to feel free, light, at peace and in harmony with myself and those around me. It helps me to relax, unwind, relativize, appreciate the simple things in life, meet and share with many people from different backgrounds. Kizomba is my greatest passion today! I recommend it to anyone who would like to have a social activity that relaxes. In seven years of practice, dancing has never done me any harm, on the contrary, it has done me so much good! I really appreciate Rosita's training in her club because it is simple, beautiful, digestible and professional (the names of the figures, the movements, the counts and the gestures). To all those who read me I would just like to remind you that life is short. Kizomba is the dance that will make you appreciate life and the simple things in life, will relax and excite you more than anything else so don't hesitate to join the great community of Kizomba dancers!"

Vous aussi abonnez-vous sur nos pages FBK : kizomba237 ou Instagram kiz-rosita et retrouvez plus d'informations et de détails sur nos f





Cathy Mallo event decorator and dancer-choreographer.

My passion for dance started from my mother's womb. I developed this through learning different rhythms and types of traditional, salon and Latin dances. I discovered kizomba through a friend 6 years ago after returning from a dance workshop he had organized in Europe. I was really seduced after a period of inactivity, following my childbirth. The desire to learn Kizomba came naturally. Beyond passion, there was a challenge of recovering fitness: a good health in a healthy body, while practicing a physical activity that makes me blossom. In 2019, I met Rosita via social networks, and she offered to train me in Kizomba. I signed up, and it was the beginning of a wonderful adventure. I appreciate the fact that she pays attention to any details including the accuracy of her gestures, the facial expression, the look and the sensuality, all elements that her trainings allowed me to improve. During the lock down period, for example, following her online training was a very supporting experience.

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**Célestine MESSINA,
Cadre dans une compagnie d'assurances**

Above all, Kizomba dance helps you discover yourself. Personally, kizomba gives me the benefit of regular physical activity, as well as moments of relaxation. I have learned to know myself, and develop my body expression. Today, I feel a great pleasure to watch myself dance Kizomba, and also to know that I inspire others, all reasons why I strongly recommend it. I invite the readers to massively join us because the training is open to all without distinction of age, sex and social class. Whether you have dance skills or not, come as you are, and Kizomba 237 will do the rest !!!

I recently met ROSITA and discovered the KIZOMBA dance as well . Everything happened during the lock-down period. This was for a project with my dance club where she did a training in kizomba, and this is where i decided to deepen my knowledge in the domain. So, I chose to get closer to her and her club KIZOMBA 237, because I like to feel good and comfortable with others. Thanks to our coach, i feel more confident, and it helps me to better bring out my sensuality and to work on details such as smiling and staring. All this gives us a lot of joy, as we can learn new concepts.



ONANA FOU DA
Marie Micheline

Personally, I have been able to recover self-confidence, I can express myself better in public. From a relational point of view, I met several different people, and we share our life experiences. These are amazing moments which help us expand our portfolio of knowledge! Emotionally, the ladystyling allows me to bring out my femininity, as I am a very discrete person. Today, I can dance without shame and with joy in order to transmit emotions. I am not ready to leave the KIZOMBA club ; I would like to discover a little more each day! Of course, I share this great experience around me, as well as the images of the workshops with my acquaintances, even with my colleagues. And some of them are already interested, and preparing for the next session! Today, When I dance kizomba, I feel myself, I feel happy to have progressed so much in such a short time. Thanks to ROSITA, I have discovered that I could do beautiful choreographies and feel fulfilled! At the beginning, nothing was easy for me, but she knew how to find words to encourage and boost me. I appreciate her training, and I invite everyone who can to join her club. She taught me to express myself through my dance, and I remain determined to improve and progress. I encourage all readers to practice KIZOMBA as a sport, and to put all their heart into it! Do it for yourself, and not for others. Be yourself and love yourself in whatever thing you do!

Vous aussi abonnez-vous sur nos pages FBK : kizomba237 ou Instagram kiz-rosita et retrouvez plus d'informations et de détails sur nos formations



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