



## 2021 DANCER WELLNESS WORKSHOP OPTIONS

### **Healthy Hips for Dancers:**

Do you feel pain and clicking when you dance? Does your developpe or turn out feel like it is not as good as it could be? It is no secret that dancers are hard on their hips, but that does not mean you have to be limited! This workshop gives you a complete guide to keeping your hips pain and injury free while dancing, all while learning ways to optimize your performance. Whether you have a current hip injury, are recovering from surgery or just want to prevent future problems there is something for you in this workshop! This workshop will cover:

- Basic anatomy, mechanics and alignment of the hips and core for dancers
- Common hip injuries in dancers (including impingement, labral tears and tendinitis)
- Dance technique corrections to help reduce stress and decrease pain
- Exercises to increase turn out, leg height, jump height and more!!
- Learn to dance pain free and optimize your performance!!

**Workshop Length:** 2 hours

**Cost:** \$35 per dancer

**Audience:** This workshop is customizable for dancers of any age or skill level. It can also be set up to target parents and instructors. *Minimum of 5 participants required.*

### **Core Stability for Dancers:**

You may hear people talk about core stability often, now it's time to learn what it's actually all about! Core stability is the foundational basis of all our movements. Whether you are an active individual or a high level athlete, a stable core helps reduce injury, improves alignment and optimizes movement. This course combines both educational lecture with active participation. Each participant will walk away with a practical understanding of what the core truly is and exercise progressions they can put into practice every day to build a more stable core. We will cover:

- Definition of core stability, how it differs from strength and why it is so important.
- Basic review of anatomy, mechanics and alignment in the core
- Exploring movement and how to engage different areas of the core based on your activity
- A full series of exercises- from the most basic, foundational exercises all the way up to advanced functional movements
- Learning how to practically apply the information to every day activities

**Workshop Length:** 1.5 hours

**Cost:** \$30 per dancer

**Audience:** This workshop is customizable to best fit your needs. It can specifically be adapted for dancers, musicians, weight training. *Minimum of 5 participants required.*



### **Enhancing Turn Out:**

This workshop will cover the anatomy and mechanics involved in turnout. We will review proper turnout technique, common faults and simple movement corrections to achieve improved turnout. This workshop will cover everything from the trunk to the foot, and give the dancers a better understanding of ways to improve their technique. The participants will walk away with an exercise program based on the most recent research to help improve their own functional turnout.

*Length:* 1.5 hours

*Cost:* \$30 per dancer

### **Proper Stretching Techniques for Dancers:**

This workshop will provide education on different types of stretching and their benefits. We will discuss the best ways for dancers to safely stretch to improve performance and reduce risk of injury. The stretches demonstrated will focus on the most important muscle groups for dancers to help reduce muscle imbalances. The dancers will be provided a take-home stretching routine they will be able to start implementing into their training program.

*Length:* 1.5 hour

*Cost:* \$30 per dancer

### **The Plie: A Guide to Reducing Lower Extremity Pain:**

This workshop is ideal if your dancers are suffering from knee or foot pain on a consistent basis. Dancers perform hundreds of plies during a class or performance, so optimizing this movement can lead to improved performance and reduced injury rates. We will break down the individual elements of a plie (what muscles are involved, where the movement should be occurring, etc.), discuss common alignment faults that can lead to pain, and address simple ways to correct movement compensations and improve technique. Exercises will be included to strengthen musculature involved in the plie, and therefore help enhance a dancers' overall performance.

*Length:* 1.5 hour

*Cost:* \$30 per dancer

### **The Ankle and Foot**

The ankle and foot complex is often left out in a strength and conditioning program. This workshop will start by covering a very basic outline of anatomy of the foot and ankle. The focus will then shift to the best exercises to build strength and stability in the foot/ankle for dancers. This workshop is also a great option for teachers who are looking to enhance their pre-pointe conditioning with some new exercise options.

*Length:* 1.5 hour

*Cost:* \$30 per dancer



**Anatomy and Kinesiology for the Dance Educator:**

As a dance educator, a sound understanding of anatomy and kinesiology is invaluable. The goal of this workshop is to bridge the gap between the art and the science of movement. In this workshop, we will touch on key concepts of A&K for dancers and ways to incorporate this into your teaching. We will review what proper alignment and body mechanics look like to reduce muscles compensations and injury rates in your dancers. You will come away with simple cues and exercises to put in action with your dancers to enhance their overall performance and skill level.

*Length:* 2 hours

*Cost:* \$40 per participant

*All workshops are available for any age or skill level, from instructors to beginners. The information will be appropriately tailored to each audience.*

**Don't see a topic you are interested in??**

**All workshops can be customized to best fit your needs.**

**Contact me today to start building your ideal educational experience!!**