

# [trans] FORMING DANCE FORMER LA DANSE

Healthy Dancer Canada  
The Dance Health Alliance of Canada



**Sunday October 4th, 2015** L'École de danse de Québec, 310 Langelier Blvd, Quebec City

8h30 - 9h30	Welcome of the participants
9h30 - 9h40	Danse K par K <b>Danse de survie</b>
9h40 - 9h45	Opening Remarks
9h45 - 10h15	Roger Hobden <b>Health, injury and enhanced performance in dance</b>
10h15 - 11h00	Ginette Hamel <b>A Proven Assessment and Exercise Approach for All Dancers - A Proven Assessment and Exercise Approach for All Dancers</b>
11h00 - 11h30	Bonnie Robson   Sébastien Hamel <b>Therapists on tour</b>
11h30 - 11h50	Dena Davida <b>Dancers' health in a globalizing, postmodern dance world</b>
11h50 - 12h20	Panel Discussion
12h20 - 13h00	Lunch
13h00 - 13h30	General Assembly Healthy Dancer Canada
13h30 - 14h00	Johanna Bienaise   Manon Levac <b>Content and form analysis of the contemporary technical class</b>
14h00 - 14h45	Philip Drube <b>Powerful Posture - A delicate balance</b>
14h45 - 15h00	Break
15h00 - 15h45	Karine Rathle <b>Touch – A powerful tool for dancers, choreographers and dance teachers</b>
15h45 - 16h15	Claudia Labrosse <b>Periodization – A Balanced Long Term Strategy for Dancers</b>
16h15 - 16h45	Ruth Bittorf   Anita Shack <b>Evaluating the Effectiveness of the “Building Confidence and Self-Esteem Toolbox” Workshop</b>
16h45 - 17h15	Panel Discussion
17h15 - 17h25	Danse K par K <b>Trois paysages</b>
17h25 - 17h35	Conference wrap-up and evaluations