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