Healthy Dancer Canada Workshops

Healthy Dancer Canada (HDC) is pleased to offer a broad selection of eleven NEW workshops for the dance community on topics that focus on improving dancer health and wellbeing, training, and performance. All of the workshops can be adapted to suit a specific audience including dancers, teachers, rehearsal directors, choreographers, and more. HDC’s workshop content will fit your organization’s unique and specific needs.

Please contact us at: healthydancercanada@gmail.com for more information to organize a workshop in your area!

* Please note that all workshops offered in Québec can be given in both French and English.
Workshop Descriptions

1. HEALTHY DANCERS
This workshop will introduce participants to dance science and provide them with an overview of the physical and psychosocial factors that contribute to optimal dancer health, well-being and performance.

2. SAFE IN DANCE INTERNATIONAL (SIDI): HEALTHY DANCE CERTIFICATES
(Calgary, Montréal, Toronto)
This course prepares dancers and dance educators for successfully obtaining Healthy Dance Certification awarded by Safe in Dance International (SiDI). Key principles of safe dance practice are discussed during this 40 hours course including:

- how the body works biomechanically to promote correct alignment
- how injury awareness and prevention protects dancers
- why proper nutrition and hydration are important to maintain dancers’ health and performance
- why psychological elements should be considered to ensure a safe and effective learning environment

Applying these principles to the specific needs of various dance genres and dance populations with differing abilities and desired outcomes (e.g., children, aging, recreational, elite) is also discussed. For more information, please visit: www.safeindance.com

*Canadian Registered Providers: Andrea Downie (Toronto), Hannah Etlin-Stein (Toronto), Sarah Kenny (Calgary), Karine Rathle (Montréal)

3. THE HYPERMOBILE DANCER
Hypermobility is an asset or requirement in many dance forms and also presents dancers with distinctly different physical and psychological challenges. This workshop provides information about the signs, symptoms, and evaluation of hypermobility in dancers based on current research evidence. Participants will learn how to address the specific and unique needs of hypermobile dancers, how to provide the support that they require, and management and training strategies that prevent injuries and facilitate achieving the dancer’s maximum potential.

4. INJURY PREVENTION AND MANAGEMENT
This workshop provides participants with valuable, evidence-based information on injury prevention in various dance environments. Strategies for injury management and facilitating clear communication between the dancer, dance educator and health professional during rehabilitation are also discussed.
5. INTEGRATED SOMATIC PRINCIPLES IN DANCE
This movement session is tailored for dancers, choreographers, rehearsal directors, dance and movement teachers, as well as dance scientists. Participants in session learn the potential benefits of using somatic principles such as breath, imagery, rest and touch in dance/movement training and performance. Evidence-based knowledge from science and somatic practices will be discussed and participants will gain understanding sound rationale supporting the integration of somatic principles into dance training and performance.

6. INTEGRATED COMPLEMENTARY TRAINING FOR DANCERS
This workshop covers differing components of fitness and the latest evidence for how complimentary training supports technical dance training and performance. Strategies for adapting complimentary training to differing genres of dance are also discussed. Participants explore the differences between, and the benefits of, dance-specific fitness (e.g., aerobic and anaerobic fitness, muscular endurance, strength, and power, neuromuscular coordination, balance and flexibility). Participants will gain familiarity with the principles of training (i.e., overload, specificity, reversibility, individuality,) overtraining, periodization, different types of complementary training, and how they all benefit dance performance as well as reduce the risk of injury.

7. OPTIMAL NUTRITION FOR DANCERS
This workshop provides foundational understanding of the science of nutrition and energy sources for optimal performance. The workshop addresses nutrition as it relates to supporting differing training intensities, styles of dance, and different body types. The workshop includes an open ended Q & A session for addressing individual groups’ specific needs.

8. PSYCHOLOGICAL SKILLS FOR DANCE
This workshop is given in 2-parts to help dancers develop a set of psychological skills that can be used to enhance their performance potential.

A. Performance profiling and goal setting: The first workshop focuses on developing dancers’ self-awareness pertaining to their personal strengths and challenges. Then, any performance goals that they wish to pursue are identified and tools for charting their progress towards attaining their goals are discussed. The format of the workshop includes lectures, worksheet exercises, and group discussion.

B. The art of stress management: The second workshop focuses on stress, burnout prevention, and performance anxiety. Strategies such as breathing and relaxation techniques that may enhance optimal performance while ensuring dancer wellness are collectively explored with participants. The structure of this course includes lectures, psychosomatic exercises, and group discussions.
9. STRETCHING PRACTICES FOR DANCERS
This workshop provides evidence-based knowledge on the principles of stretching in dance (e.g., intensity, duration, role of hydration). Different types of stretching, including benefits and limitations of each, are explored. Incorporating best stretching practices in conjunction with muscle strength training, as well as addressing the needs of hypermobile dancers, are also discussed.

10. WARM UP AND COOL DOWN
This workshop covers the most current, research-based evidence for the physiological needs of the body for optimal preparation for various dance activities (i.e. technical class, rehearsal, performance). It also covers the physiological needs of the body required to optimally return to resting state and how proper warming up and cooling down prevents injuries. In this active workshop, participants are led through a warm up sequence which elevates the pulse, mobilizes their joints, and lengthens their muscles. During the cool down portion of the workshop, participants are led through activities that reduce their pulse, ease the joints, stretch the muscles and relax the body. The specific needs of varying ages, levels, and styles of dance will be addressed through facilitated discussions based on current research.

11. OPTIMUM ALIGNMENT AND FUNCTION
This workshop explores optimal anatomical and biomechanical alignment in dance, and helps participants understand how alignment relates to dancer health and injury prevention. Different dance styles will be explored and participants will learn skills to address anatomical variations and biomechanical faults in order to optimize dance function, performance, and prevent injuries.