



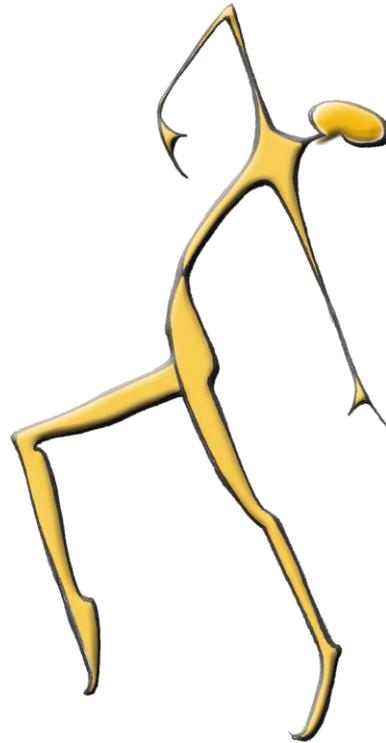
**Healthy
Dancer** Canada
The Dance Health Alliance of Canada

Healthy Dancer Canada Workshops and Talks

Healthy Dancer Canada has a wide range of workshops and talks for you to choose. Our workshops aim to improve dancers' health and wellbeing in their training, performance, and daily lives. All workshops can be adapted to the needs of dancers, parents, teachers, rehearsal directors, choreographers, healthcare professionals, and more. We can adapt to your needs.

To organize an online or in-person workshop in your area, or for information about our providers and fees please contact us at healthydancercanada@gmail.com

* Please note that in Québec workshops can be given in French and in English.



Workshop Descriptions

HEALTHY DANCERS

The aim of this workshop is to introduce participants to dance science, and to provide them with an overview of the physical and psychosocial factors that contribute to the health, well-being and optimal performance of dancers.

SAFE IN DANCE INTERNATIONAL (SIDI): HEALTHY DANCE CERTIFICATES

(Calgary, Montréal, Toronto)

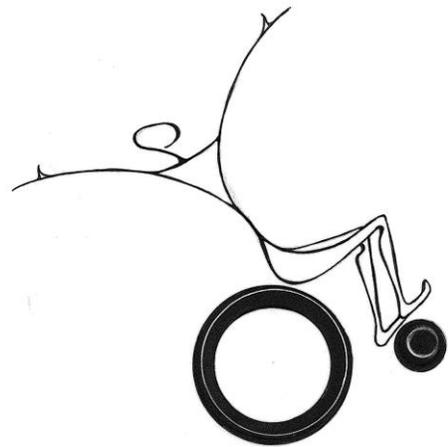
The aim of this course is to prepare dancers and dance teachers for the successful achievement of a Healthy Dance certification awarded by Safe in Dance International (SiDI). The course will address the key principles of safe dance practice, including:

- how the body works biomechanically to promote good alignment
- how injury awareness and prevention can protect dancers
- why proper nutrition and hydration are important to maintain dancers' health and performance
- why psychological elements should be taken into consideration to ensure a safe and effective learning environment

Particular attention will be made to the application of these principles to specific dance group's needs, abilities and desired outcomes (e.g., children, aging, recreational, elite).

For more information, please visit: www.safeindance.com

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



HYPERMOBILE DANCERS

While an asset in many dance forms, hypermobility can also present dancers with distinct physical and psychological challenges. Based on the most current research, this workshop will provide information about the signs, symptoms, and evaluation of hypermobility. Participants will also learn to address the special needs of hypermobile dancers, providing the necessary support, management and training to help them avoid injuries and achieve their maximum potential.

INJURY PREVENTION AND MANAGEMENT

Based on scientific evidence, this workshop will provide participants with valuable information about the prevention of injuries in dance settings. Strategies for best injury management and facilitating clear communication between the dancer, dance educator and health professional during rehabilitation will also be discussed.

INTEGRATED SOMATIC PRINCIPLES IN DANCE

This movement session is tailored for dancers, choreographers, rehearsal directors, dance and movement teachers, as well as dance scientists. This session will demonstrate 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 somatics will be discussed and participants will gain sound rationale supporting the integration of somatic principles into dance training and performance.

INTEGRATED COMPLEMENTARY TRAINING FOR DANCERS

The aim of this workshop is to provide an understanding of the different components of fitness and how they can support dancers' technical training, but also ways in which complimentary training can be adapted to different genres of dance. Based on current research, dancers and teachers will 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 be familiarised with the principles of training (i.e., overload, specificity, reversibility, individuality). Overtraining and periodization will also be discussed. Participants will come away with knowledge of the different types of complementary training and how they can benefit dance performance as well as reduce the risk of injury.

MOTOR BEHAVIOUR AND DANCE

1. **Motor Development and Dance:**

This workshop in motor development explores ongoing changes in movement function and ability through various stages of life, with a focus on early childhood through the adolescent years. Participants will learn about posture control and balance, which underlie all movement in stance and traveling, and how dance classes for children and teens can be designed to best enhance the development of balance. Strategies to enhance dance teaching will be outlined, including how and when to use internal and external focus of attention, imagery, improvisation, verbal cues, and positive feedback (correction). Participants will investigate developmental stages of locomotor movements in children (jumping, galloping, hopping, and skipping), and special considerations for adolescents such as growth spurts and self-image changes. This workshop is useful to dancers, teachers, and medical practitioners wanting to learn more about motor development in the dance training years, and how to use this knowledge to create effective dance classes.

2. **Motor Learning and Dance:**

This workshop in motor learning examines changes in a dancer's skills caused by experience and practice rather than the natural stages of development. Participants will learn about the various learning styles of dancers, at all levels of training, and how to design dance classes to address this variety of individual learning approaches. Teachers will discover the best methods to engage in instructional strategies such as demonstration (timing and frequency), verbal explanations (what is age appropriate), and feedback. Participants will explore the best methods of encouraging motivation, and how to break down and explain material for the best learning outcomes. Other topics for dancers will include mental practice and imagery, use of attention, and transfer of learning from one context to another (such as conditioning work to dance class). This workshop is useful to dancers, teachers, and medical practitioners wanting to learn more about how dancers learn and how this process can be enriched.

Workshop Providers: Donna Krasnow, Virginia Wilmerding

OPTIMUM ALIGNMENT AND FUNCTION

The aim of this workshop is to explore optimal anatomical and biomechanical alignment in dance, and to understand how alignment relates to dancer health and injury prevention. Different dance styles will be explored and participants will come away with skills to address anatomical variations and biomechanical faults in order to optimize dance function and performance.

OPTIMAL NUTRITION FOR DANCERS

The aim of this workshop is to provide a foundational understanding of the science of nutrition and energy sources for optimal performance. Specific consideration will be made to training intensity, styles of dance, and different body types. The workshop will have an open-ended Q & A to allow exchanges specific to the needs of the group.

PSYCHOLOGICAL SKILLS FOR DANCE

This two-part workshop will help dancers develop a set of psychological skills, in order to enhance their performance potential.

1. Performance Profiling and Goal Setting:

The first workshop focuses on developing dancers' self-awareness pertaining to their personal strengths and difficulties and from there, identifying performance goals they wish to pursue and tools for charting progress. The format of the workshop includes lectures, worksheet exercises and group discussions.

2. The Art of Stress Management:

The second workshop focuses on stress, burnout prevention and performance anxiety and on management strategies such as breathing and relaxation that may enhance optimal dance performance while ensuring dancer wellness. The structure of this course will include lectures, psychosomatic exercises and group discussions.



SELF-CARE FOR THE ARTISTIC SOUL

This interactive workshop has equal relevance to artists and all those who have experienced varying levels of stress and are seeking ways to implement the practice of self-care into their daily lives. The current shift and state of our global climate has meant that many are seeking ways to enhance and better serve their mental, physical, and spiritual needs. This workshop provides an opportunity for those working within dance, and beyond, an opportunity to access and adapt strategic care practices which can optimize holistic wellbeing. A definition of self-care will be provided along with practical ways to implement the practice into daily life. Participants will consider the implication of negating a self-care practice and the impact of prolonged stress. They will also engage in mindfulness exercises and discussion.

Workshop Provider: Nicole Inica Hamilton

STRETCHING PRACTICES FOR DANCERS

This workshop will provide evidence-based knowledge on the principles of stretching in dance (e.g., intensity, duration, role of hydration). The different types of stretching, including benefits and limitations of each will be explored. Specific consideration will be made to incorporating best stretching practices in conjunction with muscle strength training and addressing the needs of hypermobile dancers.

WARM UP AND COOL DOWN

This participatory workshop will share evidence-based knowledge to provide a deeper understanding of the physiological needs for optimal preparation of the body to various dance activities (e.g., technical class, rehearsal, performance) and subsequent return to resting state. The warm up will include elevating the pulse, joint mobilization and muscle lengthening. The cool down will consist of reducing the pulse, joint easing, muscle stretching, and active relaxation. Facilitated discussion will address recent research, as well as the various needs of particular ages, levels, and styles of dance training.

