



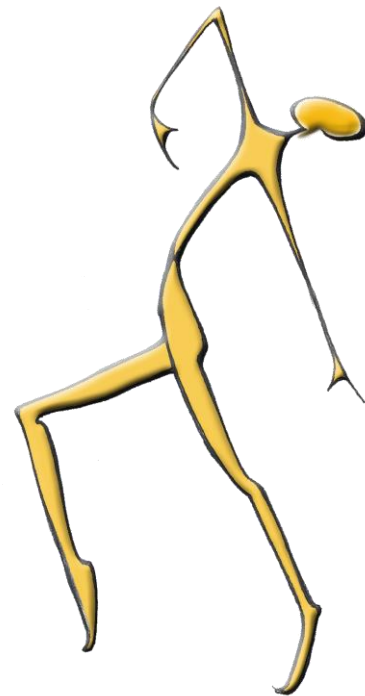
**Healthy
Dancer** Canada
The Dance Health Alliance of Canada

Healthy Dancer Canada Webinars, Workshops, and Courses

Healthy Dancer Canada offers a wide range of educational topics that aim to support dancers' holistic health and wellness in training, performance, and daily life. Topics are delivered as shorter virtual webinars and in-person workshops, and longer multi-part courses. All webinars, workshops, and courses can be adapted to the needs of dancers, parents, teachers, rehearsal directors, choreographers, healthcare professionals, and more. We adapt to your needs.

To organize a virtual webinar, in-person workshop, or course, and for information about our providers and fees, please contact healthydancercanada@gmail.com

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



Descriptions

HEALTHY DANCERS

The aim of this introductory webinar/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, wellness, and optimal performance of dancers.

SAFE IN DANCE INTERNATIONAL (SIDI): HEALTHY DANCE CERTIFICATES

The aim of this in-depth, multi-part 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 and healthy dance practice, including:

- how the body works biomechanically to promote effective 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;
- how to structure, deliver, and progress dance activities to promote optimal learning and performance.

Particular attention will be paid to the application of these principles to specific dance groups' (e.g., young people, older people, recreational dancers, professional dancers, dancers with disabilities) needs and desired outcomes

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



BODY IMAGE AND SELF-ESTEEM IN DANCE

Coming soon...

DANCE ANATOMY

This interactive webinar/workshop takes an inclusive approach to dance anatomy, including discussion about the importance and use of anatomical language that contributes to safer spaces for all. Participants will be introduced to principles relevant to the maintenance of functional and safe genre-specific alignment. They will learn to recognize anatomical differences and consider how to modify dance material for individual dancers. *Includes a movement component.*

DANCER SCREENING

This interactive webinar/workshop introduces healthcare professionals or dance educators to Healthy Dancer Canada's pre-professional dancer screens. Participants will learn about the purpose of dancer screening and experience practical examples of some of the tests included in the Healthy Dancer Canada screening tools. *Includes a movement component.*

EQUITABLE PRACTICES AND INCLUSIVE LANGUAGE FOR DANCE

Coming soon...

HYPERMOBILE DANCERS

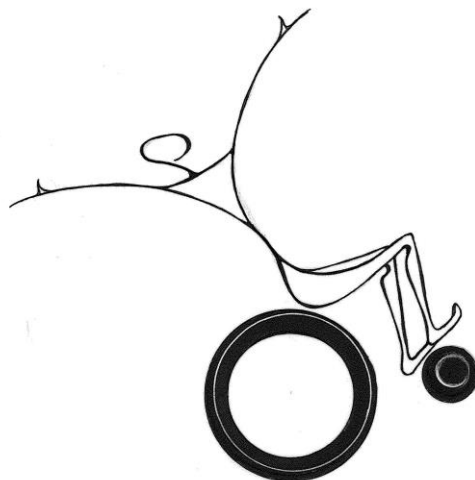
While an asset in many dance forms, hypermobility can also present dancers with distinct physical and psychological challenges. Based on the most current research, this webinar/workshop will provide information about the signs, symptoms, and evaluation of hypermobility. Participants will also learn to 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 RISK REDUCTION AND INJURY MANAGEMENT

Based on scientific evidence, this interactive webinar/workshop provides participants with valuable information about the prevention of injuries in dance settings. Participants will learn strategies for injury management and how to facilitate clear communication between the dancer, dance educator and health professional during rehabilitation. *Includes a movement component.*

INTEGRATED SOMATIC PRINCIPLES IN DANCE

This interactive webinar/workshop is tailored for dancers, choreographers, rehearsal directors, and dance and movement teachers. 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. *Includes a movement component.*



INTEGRATED AND COMPLEMENTARY TRAINING FOR DANCERS

The aim of this interactive webinar/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 complementary 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. *Includes a movement component.*

MOTOR BEHAVIOUR AND DANCE

1. Motor Development and Dance

This webinar/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 webinar/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.

NETWORKING FOR INDEPENDENT ARTISTS

Coming soon...

OPTIMAL ALIGNMENT AND FUNCTION

The aim of this interactive webinar/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 concerns in order to optimize dance function and performance. *Includes a movement component.*

OPTIMAL NUTRITION FOR DANCERS

The aim of this webinar/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 particular groups.

PAIN SCIENCE AND DANCE – A PRIMER FOR DANCE

This webinar/workshop aims to equip dancers and dance educators with a basic understanding of how pain works. The session will present the biological, psychological, social, and cultural aspects of pain based on the latest evidence. Participants will explore

how a current understanding of pain can be integrated into a healthy dance practice that empowers the performing body across the lifespan.

PROCESSING GRIEF WITH DANCE

This interactive webinar/workshop brings current theories about grief and loss and practical exploration of movement and creativity to support the grief process. Participants will learn about non-death losses encountered in everyday life; explore what is normal in an experience of grief; discuss how grief and creativity are linked; and consider how dancers and dance teachers can use movement and dance to explore and express grief. Examples of choreography inspired by grief and loss will be shared and participants will leave the workshop with tools to use when dealing with loss, either their own or that of their dance students. *Includes a movement component.*

PSYCHOLOGICAL SKILLS FOR DANCE

This two-part webinar/workshop helps dancers develop a set of psychological skills 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 this webinar/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 management strategies such as breathing and relaxation that may enhance optimal dance performance while ensuring dancer wellness. The structure of this webinar/workshop includes lectures, psychosomatic exercises, and group discussions.

SELF-CARE FOR THE ARTISTIC SOUL

This interactive webinar/workshop has equal relevance to artists and those who have experienced varying levels of stress and are seeking ways to implement the practice of self-care into their daily lives. The session provides individuals with an opportunity to access and adapt strategic care practices which can optimize holistic well-being. Participants will consider the implication of negating self-care practice and the impact of prolonged stress. They will also engage in mindfulness exercises and a discussion which sources tools to support the enhancement of physical, mental, and spiritual well-being. A definition of self-care will be provided along with practical ways to implement its practice into daily life.

STRETCHING PRACTICES FOR DANCERS

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

WARM UP AND COOL DOWN

This interactive webinar/workshop shares 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 practical 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 needs of different ages, abilities, levels, and styles of dance training. *Includes a movement component.*

