



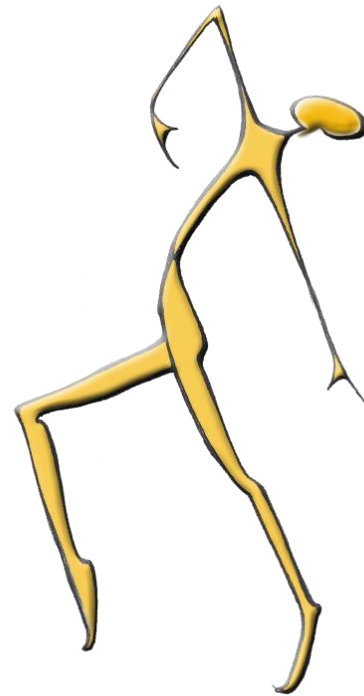
**Healthy  
Dancer** Canada  
The Dance Health Alliance of Canada

## 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, contact [president@healthydancerCanada.org](mailto:president@healthydancerCanada.org).

\* Please note, webinars and workshops (in Québec) can be given in French and in English.



# Introduction to Healthy Dance Practice

## 1. HEALTHY DANCERS

This introductory webinar/workshop introduces dancers, dance teachers, and healthcare professionals to relevant dance science topics and provides them with an overview of the physical and psychosocial factors that contribute to the health, wellness, and optimal performance of dancers.

## 2. SAFE IN DANCE INTERNATIONAL (SIDI): HEALTHY DANCE CERTIFICATES

The aim of this in-depth, multi-part course is to prepare dancers, dance teachers, and healthcare professionals for the successful achievement of a Healthy Dance certification awarded by Safe in Dance International (SiDI). The course addresses key principles that support safer and healthier dance practice, including developing knowledge of these principles, understanding their application, and using them to evaluate

- the dance environment (e.g., properties of a safe space, codes of conduct, moral responsibilities)
- physical wellness (e.g., management of injury risk, functional nutrition and hydration, constructive training and conditioning strategies, effective warm up and cool down practices, efficient alignment)
- psychosocial wellness (e.g., supportive learning and work behaviours, respect for social and cultural contexts, inclusive and equitable conditions of practice)

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

For more information, visit: [www.safeindance.com](http://www.safeindance.com).



See the list of special topics on the following pages...

## Special Topics in Healthy Dance Practice

### **3. ANATOMY, BIOMECHANICS, AND EFFICIENT ALIGNMENT**

This interactive webinar/workshop takes an inclusive approach. Participants are introduced to general principles of anatomy and biomechanics, guidelines for working with individual anatomical variations and specific biomechanical concerns, and strategies for optimizing genre-specific alignment. The importance of inclusive anatomical language and its role in safer and healthier spaces is discussed. *Includes a movement component.*

### **4. BODY IMAGE AND SELF-ESTEEM IN DANCE**

Many dancers report feeling unsatisfied with themselves, regardless of dance genres or artistic success. Body and personal dissatisfaction may hinder performers' joy, passion, and mental and physical wellness. This interactive webinar/workshop reflects on dancer body image and self-esteem issues, risk factors, and warning signs of which to be aware. Participants will see how practicing daily self-care may help strengthen dancers' body image and self-esteem.

### **5. DANCER SCREENING**

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

### **6. EQUITABLE PRACTICES AND INCLUSIVE LANGUAGE FOR DANCE**

This interactive webinar/workshop explores ways to become more aware of personal and structural biases, to promote respect for human rights in dance contexts, and to fairly distribute resources, support, and opportunities. Participants learn about the importance of recognizing people's diverse backgrounds, learning approaches, and ways of moving as well as how to use specific strategies and language to support everyone to work toward and reach their full potential, particularly those who belong to historically marginalized communities.

### **7. 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 provides information about the signs, symptoms, and evaluation of hypermobility. Participants 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.

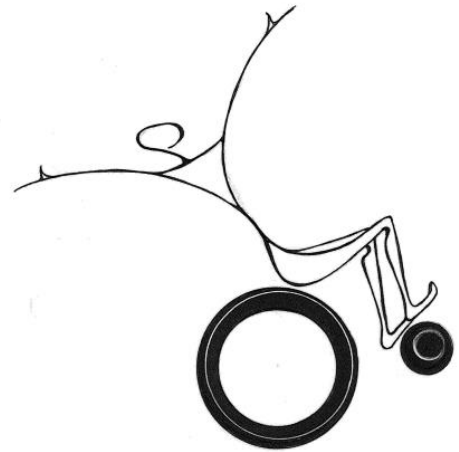
## Special Topics in Healthy Dance Practice

### 8. INJURY RISK REDUCTION AND INJURY MANAGEMENT

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

### 9. INTEGRATED SOMATIC PRINCIPLES IN DANCE

This interactive webinar/workshop is tailored to the needs of dancers, choreographers, rehearsal directors, and dance and movement teachers. Participants learn about the potential benefits of using somatic processes such as breath, imagery, rest, and touch in dance/movement training and performance. Evidence-based knowledge from dance science and somatics provides a sound rationale for integrating somatic principles and processes into dance training and performance. *Includes a movement component.*



### 10. INTEGRATED AND COMPLEMENTARY TRAINING FOR DANCERS

This interactive webinar/workshop provides an overview of the components of physical fitness, how these components can be integrated in dancers' technical training, and ways complementary training can be adapted to different genres of dance. 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) and the principles of training (overload, specificity, reversibility, individuality). Overtraining and periodization will also be discussed. *Includes a movement component.*

### 11. MOTOR BEHAVIOUR AND DANCE

This webinar/workshop series explores how movement is acquired, learned, and changes over the lifespan.

- **Motor Development and Dance**

This first webinar/workshop in this series explores ongoing changes in movement function and ability through various stages of life, with a focus on early childhood through the adolescent years. Participants 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 enhance the development of balance. Dance teaching

## **Special Topics in Healthy Dance Practice**

strategies will be outlined, including how and when to use internal and external focus of attention, imagery, improvisation, verbal cues, and positive feedback (correction). Participants also 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 topic is useful to dancers, teachers, and healthcare professionals wanting to learn more about motor development in dance training, and how to use this knowledge to create effective dance classes.

- **Motor Learning and Dance**

This second webinar/workshop in this series examines changes in a dancer's skills caused by experience and practice rather than the natural stages of development. Participants learn about the various learning styles of dancers, at all levels of training, and how to design dance activities to address diverse learning approaches. Topics for teachers include instructional strategies such as demonstration (timing and frequency), verbal explanations (what is age appropriate), and feedback. Topics for dancers include mental practice and imagery, use of attention, and transfer of learning from one context to another (such as conditioning work to dance class). Participants also explore methods of encouraging motivation, and how to break down and explain material for optimal learning outcomes. This topic is useful to dancers, teachers, and healthcare professionals wanting to learn more about how dancers learn and how this process can be enriched.

### **12.NETWORKING FOR INDEPENDENT DANCE ARTISTS**

Join HDC for an informal virtual gathering of independent dance artists. Build community, explore collaboration opportunities, and discuss important issues facing today's dancers.

### **13.NUTRITION AND HYDRATION FOR DANCERS**

This webinar/workshop provides basic nutrition education. Participants are introduced to the energy and nutrient requirements for daily living and dance activities. Topics include hydration, nutrition and bone health, and meal and snack ideas to support balanced nutritional intake to support optimal performance. Training intensity and lifespan considerations will be discussed.

### **14.PAIN SCIENCE AND DANCE**

This webinar/workshop equips dancers and dance educators with a basic understanding of how pain works. The session presents biological, psychological, social, and cultural aspects of pain based on the latest evidence. Participants explore how a current understanding of pain can be integrated into a healthy dance practice that empowers the dancer across the lifespan.

## Special Topics in Healthy Dance Practice

### 15. 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 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 are shared and participants leave the webinar/workshop with tools to use when dealing with loss, either their own or that of their dance students. *Includes a movement component.*

### 16. PSYCHOLOGICAL SKILLS FOR DANCE

This two-part webinar/workshop helps dancers develop a set of psychological skills to enhance their performance potential.

- **Performance Profiling and Goal Setting**

The first part of this webinar/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 includes lectures, worksheet exercises, and group discussions.

- **The Art of Stress Management**

The second part of this webinar/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 format includes lectures, psychosomatic exercises, and group discussions.

### 17. REST AND RECOVERY

This webinar/workshop provides an overview of rest and recovery for dancers and its importance to dancer health, wellness and optimal performance. Participants will learn the differences between active and passive recovery, and when to prioritize each type for maximum benefit. Adjunct tools for recovery including myofascial release, cryotherapy, and compression will also be covered.

## Special Topics in Healthy Dance Practice

### 18. 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 participants with an opportunity to access and adapt strategic care practices which can optimize holistic well-being. Participants consider the implication of negating self-care practice and the impact of prolonged stress. They also engage in mindfulness exercises and a discussion which sources tools to support physical, mental, and spiritual well-being. A definition of self-care is provided along with practical ways to implement its practice into daily life.

### 19. STRETCHING PRACTICES FOR DANCE

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

### 20. 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 includes elevating the pulse, joint mobilization, muscle lengthening, and mental preparation. The cool down consists of reducing the pulse, joint easing, muscle stretching, and active relaxation. A facilitated discussion addresses recent research, as well as the needs of different ages, abilities, levels, and styles of dance training. *Includes a movement component.*

