

# Healthy Dancer Canada

## 5<sup>th</sup> Annual Conference 2012

### Dance Myths and Facts

**Sunday September 16, 2012  
Scotiabank Dance Centre  
Vancouver, BC**

Welcome to the Healthy Dancer Canada 5<sup>th</sup> Annual Conference 2012. We are so pleased to have you join us today as we examine the beliefs and/or practices that contribute to, or undermine, the health and well-being of dancers. We are fortunate to have many fine presenters, from across Canada, provide us with their varied perspectives on dance myths and facts through oral presentations, performances, movement sessions, poster presentations and panel discussions. We hope that you will join the discussion today and continue it in the coming months, both on *Healthy Dancer Canada's* Facebook page and wherever you are involved in dance.

*Healthy Dancer Canada* is an alliance of dancers, dance educators and health professionals. Our mission is to be the Canadian leader in facilitating communication and collaboration between the dance community and health professionals to enhance the health and well-being of all dancers. We are proud to announce that we are in the midst of obtaining our official status as a federal not-for-profit organization! If you are interested in becoming a member, please visit us online at [www.healthydancercanada.org](http://www.healthydancercanada.org).

We look forward to seeing you at future *Healthy Dancer Canada* events. Enjoy the day!

Sincerely,

*Andrea Downie* (Conference Coordinator)

*Heather Finn* (President)

*Carolina Rotondo* (Vice President)



# HEALTHY DANCER CANADA

## 5<sup>TH</sup> ANNUAL CONFERENCE 2012

### Pre-Conference Workshop, Saturday September 15, 2012

10:30-11:30 am      Workshop: **Andrea Downie** and **Heather Finn**  
*The Myths and Facts of Stretching for Dance*

### Conference, Sunday September 16, 2012

9:30-10:00 am      REGISTRATION

10:00-10:05 am      Welcome: **Andrea Downie**, MA (Dance), Hon BFA (Dance), Conf. Coordinator

10:05-10:25 am      Oral Presentation: **Heather Finn**, MSc (PT), Hon BA & BSc, Healthy Dancer  
Canada President  
*Myth or Fact? Dancers know how to dance, teachers know how to teach, health  
professionals know what's healthy?*

10:30-11:00 am      Movement Session: **Susie Higgins** (PT) and **Astrid Sherman**  
*"Butt Out of It!" (Why We Do Not Need to Have our Glutes Turned on All the  
Time to Hold Our Pelvis' in Place)*

11:05-11:25 am      Oral Presentation: **Jana Jacques** and **Meredith Page**  
*Study: Analysis of current fitness expectations and the effects of cross-training  
implementation on collegiate dancers*

11:25-11:40 am      BREAK

11:40 am-12:00 pm      Performance: **Arts Umbrella Dance Company** performs *Oh What a World*  
choreographed by Cherice Barton, and *Limon Demonstration* created by  
Donna Krasnow with music by Craig Ziebarth

12:05 am-12:35 pm      Panel Discussion: morning presenters, including **Artemis Gordon**, LISTD, and  
**Emily Molnar**

12:35-1:45 pm      CATERED LUNCH      (1:00-1:30 pm, Annual General Meeting of Members)

1:45-2:05 pm      Oral Presentation: **Dr. Ann Kipling Brown**, PhD, MA (Physical Education)  
*Those that can't dance, teach!*

2:10-2:40 pm      Movement Session: **Mariah-Jane Thies**. RTS RAD  
*The Value of Inward Rotation*

2:45-3:05 pm      Oral Presentation: **Dr. Blessyl Buan**, Hon BKin, DC, Dip Ac.  
*Achieving the Perfect Line: Demystifying flexibility and stability in dance  
training*

3:05-3:20 pm      BREAK

3:20-4:00 pm      Movement Session: **Dr. Indrani Margolin**, PhD, MSW, and **Dr. Celeste  
Snowber**, PhD, MA (Theological Studies)  
*Shifting Bodily Perceptions and Engaging the Dancer from the Inside Out*

4:05-4:15 pm      Performance: **Dianne Doan** and **Ashley Whitehead** perform *DeLve* (a look  
into beauty and danger of vulnerability) choreographed by Heather Laura  
Gray in collaboration with the dancers and Val Ho. Music, *Oval*, by Teebs

4:20-4:55 pm      Panel Discussion: afternoon presenters, including **Heather Laura Gray** and  
**Stuart Anderson**, MSc (Performance Psychology), BSc (PT) – poster  
presentation: *Psychological Skills for Dance Performance*

4:55-5:00      Conference Wrap-Up: Thank you and Evaluations

## Presenter Biographies

**Stuart Anderson** has extensive experience working with elite dancers and dance students, and he works to maximize his clients' potential by optimizing health and performance preparation. He has consulted to many elite performers and organizations which include Cirque du Soleil, The Royal Ballet & Royal Ballet School (London, UK), Olympic athletes, LSO, Ballet BC, VSO, Arts Umbrella, Goh Ballet Academy, Rambert Dance Company, Wayne McGregor's Random Dance Co., West End London Musicals (Lion King, Chicago, The Producers), and Music BC. Mr. Anderson was Physiotherapist/Lecturer in Health & Conditioning for the Royal Ballet and Royal Ballet School (London UK, 2002-2006), and since 2007 he has developed MindAscend© to provide performers with structured and effective courses that help them to gain a psychological edge in their performance. He is a member of IADMS, an advisory member of Dance UK, and is a published contributing author to a variety of publications in his field.

**Arts Umbrella Dance Company** (AUDC) is a Vancouver-based repertory company, established in 1985, for select members of the professional program. The company includes senior and apprentice ensembles that train, rehearse and perform new and innovative works by some of North America's leading choreographers. Under the artistic direction of **Artemis Gordon**, L.I.S.T.D. (C.S.B.), AUDC provides young dancers with broad-based performance opportunities and technical training in preparation for dance education at the university level or a career in a professional adult company. The company has done numerous exchanges, tours and collaborations with such groups as the Joffrey Ballet School in New York City, New Jersey Dance Theatre Ensemble, L'École Supérieure de Ballet Contemporain de Montréal and the Yokohama Ballet in Japan. Company dancers have performed in several Ballet BC productions including *The Four Seasons*, *Peter Pan* and, most recently, *Surfacing*. AUDC performs in the Lower Mainland and around the province in public performances including AU's School Performance Outreach Program.

**Blessyl Buan** is a Doctor of Chiropractic with an honours bachelor degree in Kinesiology from McMaster University. She has additional certifications in medical acupuncture and rehabilitative Pilates. She believes that body awareness, healthy alignment and excellent conditioning are vital for performance. As a dancer, she has a passion to educate and prevent injuries of the performing artist and understands first hand the demands of a professional dancer. She continues to treat a range of performers from emerging to professional dancers and is dedicated to teaching health, body work and conditioning to the performing arts community. She is a regular columnist for the national magazine, *The Dance Current*. You will still see her taking dance class or performing as the occasional dance contract comes her way. She has two dancing daughters. [www.drblessyl.com](http://www.drblessyl.com)

**Andrea Downie** has been teaching dance and fitness for 20 years. She has an BFA and MA in Dance from York University in Toronto and has completed the professional training program at Dance New Amsterdam in New York City, where she performed with Jody Oberfelder Dance Projects. She is a certified Level 2 Conditioning-with-Imagery (C-I) Training teacher, a certified teacher of Simonson Technique, as well as a founding member and the Conference Coordinator for Healthy Dance Canada. Andrea currently resides in Prince George where she is an instructor in the Human Kinetics program at the College of New Caledonia and a dance educator at Enchainement Dance Centre. Prior to moving north, she was a dance instructor at the Shadbolt Centre for the Arts in Vancouver for 12 years.

**Heather Finn** took her first dance class in a church basement at age 4, and hasn't stopped dancing since. She studied ballet at Academy of Dance Waterloo, then modern and break dance at McMaster University Centre for Dance. She danced professionally with Hamilton Dance Company and Caroline Barrière Danse in Ottawa. During her physiotherapy training, Heather apprenticed with Joanna Speller of the National Ballet School, Donna Krasnow of York University, and Sunday Homitz of the Cleveland Ballet. Heather is certified in Pilates Mat and Reformer, Manual Therapy and Acupuncture. She practices physiotherapy at Speed River Physiotherapy in Guelph, Ontario. Heather is a member of the International Association for Dance Medicine and Science, and is thrilled to be President of Healthy Dancer Canada in 2012.

**Heather Laura Gray** has been dancing for "Restless Productions" this year (full length premiere October 4-6th, 2012 in the Faris Theatre), along with "the response. Dance Company" and Martha Carter's "MartaMarta Productions" (full length premiere April 2013). Heather was one of the choreographers on the set of the Fox series "The Killing" as well as the soon to be released Canadian feature film "Random Acts of Romance" directed by Katrin Bowen. She has had the opportunity of choreographing musicals, commercials and stage shows with a love of all genres of dance. Heather is a member of the Canadian Dance Assembly, the Dancer Transition Resource Centre and UBCP/ACTRA. Please visit [www.heatherlauragray.com](http://www.heatherlauragray.com)

**Susie Higgins** found her way to Pilates through her original profession as a physiotherapist working mainly with sports injuries and spinal problems. She is a certified Bodycontrol Pilates (UK) Instructor and teaches one on one or group Pilates for Fitness, clinical Pilates (rehabilitation, MS and Parkinson's) as well as pre and postnatal Pilates out of two studios on the Northshore and teaches at Pro Arte Centre. Determined to address the specific needs of dancers from early on in their dance training, Susie is working with Pro Arte Centre to set up Pilates based exercise programs and to provide education on anatomy, injuries and injury prevention. This will provide the dancer with another set of tools to draw from in their everyday training and at those times when injury demands specific rehabilitation.

**Jana Jacques** is a Dance major at Simon Fraser University. She has studied ballet at the Eugene School of Ballet and modern dance at Lane Community College in Eugene, Oregon before moving to Canada to finish her degree in dance at SFU. Her personal experience with dance injury and rehabilitation has inspired her to pursue a career in physiotherapy, specializing in dance injury rehab. She is currently working on her certification as a Personal Trainer and minoring in Kinesiology. With her current research in dance conditioning, she hopes to reduce the occurrence of dance related injuries by encouraging a well-rounded, athletic conditioning program for dancers of all ages. Her work with Meredith Page has been accepted for presentation at this year's IADMS conference in Singapore.

**Ann Kipling Brown**, Ph.D. is presently a professor in dance education in the Arts Education Program in the Faculty of Education at the University of Regina, Saskatchewan, Canada. She works extensively with children, youth and adults in public and dance studio settings. Her teaching and research includes a consideration of dance as a way of knowing; dance pedagogy; integration of notation in dance programs; and the role of dance in a person's lived world.

**Indrani Margolin** delved into dance in her mid-twenties. She danced and choreographed with two community-based dance companies in Toronto for 6 years while she completed a PhD in Holistic & Aesthetic Education. She is currently an Assistant Professor at the University of Northern British Columbia in Social Work where she teaches counseling, therapeutic movement and meditation. She also teaches a Dancefit class. Indrani received a Women and Education award in 2010 for her dissertation, *Beyond Words: Girls' Bodyself*, where she explored creative dance with teenaged girls in an urban high school. Indrani has co-authored an educational reader on dance and authored a book chapter in an anthology soon to be published on Aesthetics, Empathy & Education entitled *Expanding Empathy through Dance*. Indrani is thrilled to present with Celeste at the 2012 Healthy Dancer Canada Conference.

**Emily Molnar**, the Artistic Director of Ballet BC, has been steering the unique company into a new era of innovation and collaboration since July 2009. Molnar is a graduate of the National Ballet School and a former member of the National Ballet of Canada; a soloist with the Frankfurt Ballet, where she created and performed an extensive repertoire under director William Forsythe; and most recently a principal dancer with Ballet BC. Molnar is an internationally respected and critically acclaimed artist who has worked and toured extensively throughout Europe, Asia, Mexico, Canada and the US. She has created and performed several works as a choreographer and solo artist.

**Meredith Page**. Dance has brought Meredith across Canada to pursue her performing and training career. After training in Toronto Dance Theatre's professional program, she moved to Calgary to work and train with Decidedly Jazz Dance Works. While in Calgary, Meredith also completed Mount Royal University's Personal Fitness Trainer Diploma program. She then returned to her home town of Prince George and combined interests of dance and fitness together, both in her classes and in private training sessions. Her passion for learning and dance science has now brought her to Vancouver to attend Simon Fraser University to complete her Bachelor of Fine Arts. Since landing in Vancouver, Meredith has had many performance and training opportunities and has had worked with some of Canada's most cutting edge choreographers. Meredith has also conducted a study on the cross training effects on dancers, which she will present at the 2012 IADMS Conference in Singapore.

**Astrid Sherman** graduated from the Pretoria Technikon School for the Performing Arts in South Africa. From there, she went on to dance professionally with the NAPAC Ballet Company in South Africa. Since immigrating to Canada and gaining her Canadian Citizenship, she has been studying part-time on a BSc degree in Kinesiology at Simon Fraser University whilst starting and developing Pro Arte Centre, in North Vancouver. Ms. Sherman holds a Fellowship in classical ballet teaching with the Imperial Society of Teachers of Dance. She is also an avid researcher for scientific advances in classical ballet technique. In 2008 she presented at the Johannesburg Dance Medicine conference. Together with Pro Arte physiotherapist, Erika Mayall, she presented research at the 2010 IADMS Conference in Birmingham UK and will present again at the 2012 IADMS Conference in Singapore. Currently, she is working closely with Susie Higgins on specific programs for younger dancers.

**Celeste Snowber**, Ph.D. is a dancer, writer and educator, who is an Associate Professor in the Faculty of Education at Simon Fraser University with a focus on embodiment and arts/dance education. She has written numerous essays and poetry in various journals and chapters in books in the areas of arts and dance and is author of *Embodied Prayer* and co-author of *Landscapes in Aesthetic Education*. Celeste continues to create/perform site-specific work in connection to the natural world and is presently working on a one-woman show, which includes dance, humor and spoken word. She is a mother of three sons, all a tribe of artists. [www.celestesnowber.com](http://www.celestesnowber.com)

**Mariah-Jane Thies** is a dance educator, choreographer, writer and speaker with 25 years of experience in the field of dance. Her teen years prepared her for a professional music career and introduced her to her greater passion: teaching, although it began as a music teacher. As a studio accompanist, she discovered her love of ballet and transferred from the music world into the dance world with great enthusiasm. Mariah-Jane is an RAD registered teacher, mentor and supervisor. She holds a dance teacher degree from GMCC and continues to develop her skills with considerable training every year, just recently completing the Leap n Learn program. She is a certified teacher of the Evans Laban Based Modern Technique and through this has immersed herself in the study of Laban and Bartenieff Movement Fundamentals for the past 13 years and works tirelessly to introduce these concepts into the ballet world. Mariah-Jane has extended her studies beyond the dance field into the complimentary work of Brain Gym, Rhythmic Movement Training (primitive reflexes) and Movement Exploration and is currently working towards full certification in all of these areas.

*Healthy Dancer Canada* would like to acknowledge and thank our presenters:

- **Stuart Anderson**
- **Arts Umbrella Dance Company** and Artistic Director **Artemis Gordon**
- **Blessyl Buan**
- **Andrea Downie**
- **Heather Finn**
- **Heather Laura Gray** and dancers **Dianne Doan** and **Ashley Whitehead**
- **Susie Higgins**
- **Jana Jacques**
- **Ann Kipling Brown**
- **Indrani Margolin**
- **Emily Molnar**
- **Meredith Page**
- **Astrid Sherman**
- **Celeste Snowber**
- **Mariah-Jane Thies**

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We would also like to thank our volunteers:

- **Nicole Kamensek**
- **Margaret Keery**
- **Carolina Rotondo**

*Healthy Dancer Canada* welcomes your comments and feedback.  
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