



DANCE
EDUCATION
WORKSHOPS
AT YOUR SCHOOL



Dance Education Information

Thank you for your interest in hosting a Dance Education Workshop!

Perfect Form Physio's Dance Education Workshops are a wonderful opportunity to accelerate the development of your students, learn more about how best to train both young and mature aged dancers, whilst having a whole lot of fun in the process!

This document outlines the details of these workshops, including what to expect, and the things that need to be organised for any workshops to take place.

Please take some time to read through all the course descriptions to see which courses would suit your school best. If you would like to hear what other teachers and students have said about our courses here are the links to several videos on our YouTube channel that you can view:

<http://www.youtube.com/watch?v=rIRf-DSON8M&feature=related>

<http://www.youtube.com/watch?v=fNqtlJkPo58&feature=related>

<http://www.youtube.com/watch?v=GMOpiI00c-4&feature=related>

<http://www.youtube.com/watch?v=ZQFmsifWC3s&feature=related>

http://www.youtube.com/watch?v=tkSQa_Yh7Uc

If you are interested in holding some of these workshops please contact us on:

Tel: +61 2 9922 7721

Fax: +61 2 9922 7721

Email: info@perfectformphysio.com

We look forward to working with you on creating these invaluable workshops at your studio!

Kindest Regards
Lisa Howell (B.Phty)



Dance Education Information

Workshop Descriptions:

(For prices please contact Perfect Form Physiotherapy)

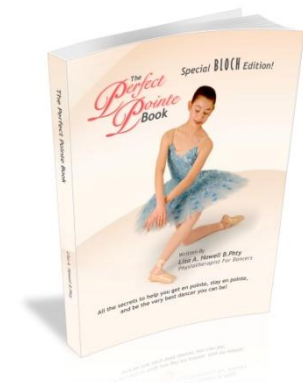
The Perfect Pointe System: (4 Hours - Dance Teachers) – The ultimate guide to assessing students for pointe, or to fine tune their technique. Essential for any serious Dance Teacher. This four-hour workshop is an excellent way for Dance Teachers and Health Professionals to learn the detailed process of a structured Pre-Pointe Assessment.



All of the tests and exercises discussed in The System are demonstrated and the focus is solely on hands-on learning. The price of the course includes the full Perfect Pointe System and all of the bonus materials available online.

(Please note: A discount will be available for teachers who have already purchased The Perfect Pointe System - proof of purchase essential).

The Perfect Pointe Book A – Learn everything you need to know before starting en pointe. This course follows the first 2 stages of The Perfect Pointe Book focusing on flexibility and strength of the feet and ankles. This includes massage technique and specialised exercises just for dancers.



•**The Perfect Pointe Book B** – Stage 3 and 4 of the book involve looking at turnout and core strength that are essential before starting en pointe. Learn exactly where your turnout muscles are and how to strengthen them!

Front Splits Fast – This class works through the unique program that we have designed to get maximum flexibility in record time! Learn how to mobilize the 'Fascial' and 'Neural' systems that have been holding you back, and learn how to stretch without being sore the next day! Designed for students thirteen and older This workshop will change your life!





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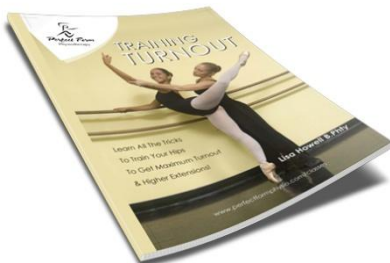
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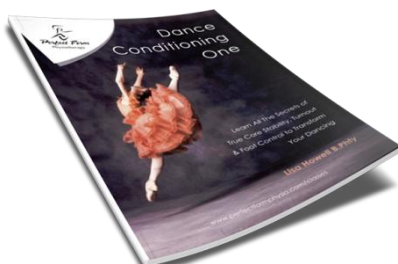
Core Stability Course – Most core training addresses the big, global movement of muscles. While these are important for any dancer, true core strength is more subtle and comes from much deeper within. Designed for students thirteen years and older, this course uncovers the details of true core control, how to train the right muscles and how to apply this in class. The aim is to achieve dynamic and fluid control of the spine, helping achieve higher extensions, better turns and relieving any back pain.



Advanced Foot Control – This unique course is specifically designed for more advanced students and teachers. It's the ultimate guide to getting the best out of your most valuable tool as a dancer – your feet! Learn the anatomy of the dancers' foot in a fun and easy way, enabling you to not only understand how the muscles in your feet work, but also exactly how to make them work better for you. You'll also learn strengthening and massage techniques for each of the muscles, teaching you how to treat yourself and prevent unnecessary injury.



Training Turnout – Our unique Training Turnout program covers the anatomy of the dancers' hip in an easy to understand way. In this course you will learn many different releases of motion, as well as how to work out exactly where you are restricted. Additionally, there are progressive exercises to train all of the important muscles involved in great hip control. This is an essential course for any dancer and will help to increase extension and functional turnout range.



Dance Conditioning 1 – An all over conditioning program including Pilates based exercises as well as integration into class work. This workshop focuses on the correct stabilisation of the core, turnout control, flexibility and some foot work. Great for younger students from ten years and upwards to get an all over fine tuning of their strength and technique!



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Dance Conditioning 2 – This program is a wonderful collection of more advanced Pilates based exercises to take your training to the next level. This program is designed for older students and expands on the underlying knowledge gained in The Perfect Pointe Book and Core Stability Courses to provide a comprehensive training program suited for high level dancers.



Ball Conditioning for Dancers- A large exercise ball can be a dancer's best friend when it comes to core training. This workshop teaches you lots of different exercises for dancers to condition all areas of the body in a fun way. It includes both beginner and more advanced exercises for those who have already had some experience on a ball. Combine Pilates technique with work on the ball to challenge your core control. Develop your repertoire of exercises to improve your dynamic stability and learn how to transfer this into your dancing. Great for contemporary, jazz dancers, and classical ballet.



	The Perfect Pointe System	The Perfect Pointe Book - A	The Perfect Pointe Book - B	Front Splits Fast	Core Stability Course	Advanced Foot Control Course	Training Turnout	Training Turnout 1	Training Turnout 2	Dance Con 1	Dance Con 2	Ball Con for Dancers
Foot Strengthening	✓	✓				✓						
Flexibility	✓	✓		✓						✓	✓	
Core Strength	✓		✓		✓					✓	✓	✓
Turnout	✓		✓				✓	✓	✓	✓	✓	
Pre-Pointe	✓	✓	✓									
Teaching Course	✓											
Ages 10-13		✓	✓					✓		✓		✓
Ages 14+				✓	✓	✓	✓		✓		✓	✓
Advanced Students				✓	✓	✓			✓		✓	✓



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Workshop Requirements:

Studio Requirements:

For effective running of the workshops the studio should have the following facilities available:

- Floor space large enough to fit a yoga mat for each participant and the instructor
- Mirrors on at least one wall
- A fixed or portable barre
- Chairs (One between two participants is fine)
- An accessible bathroom
- For studios running the Ball Conditioning Course each student will have to bring their own exercise ball, unless already supplied by the school.
- A small table.

Student Requirements:

Course Participants will be required to provide:

- Yoga mat or similar (if not provided by the studio)
- Bath towel
- Pillow
- Tennis Ball (Training Turnout and Front Splits Fast Workshops only)
- Students are to wear appropriate dance attire (including leotards and stockings) to workshops.
- It is also advised that students bring their own resistance band (at least 1 meter in length) which they can purchase from Perfect Form Physiotherapy as outlined on pg.6.
- Please ensure that each student is ready to commence workshops on time.



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Private Consultations:

One on one private consultations with the presenter can be arranged at your dance school for a dance assessment, pre-pointe assessment, technique training session or injury rehab treatment. Studios are only eligible to hold private consultations if they are also holding one or more Dance Education Workshops. Students may also only book a private consultation if they are also attending at least one workshop.

The cost of each one hour private consultation is \$150.00

Requirements for Private Consultations:

- A small room or studio with access to a full length mirror
- Large Bath Towel
- Hand Towel
- 2 x Chairs
- A Small Table
- Pillow
- Yoga Mat
- A Massage/ Physiotherapy Table



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Other Guidelines:

Please note that these guidelines are purely designed to protect both parties and the intellectual property of the content that is being presented.

Advertising:

- Each workshop will be advertised on The Ballet Blog website free of charge, with contact details or links to the organisers website.
- Images of manuals will be provided to the organiser for inclusion on any promotional material if required. If you have any specific images or ideas in mind please let us know.
- Any promotional material must display the full link to The Ballet Blog website as www.theballetblog.com and state that the information has been created by Lisa Howell (B.Phty) of Perfect Form Physiotherapy.
- Perfect Form Physiotherapy will provide a PDF of a flyer that may be used for promotion. Alternatively you may produce your own flyer however this must be sent to Perfect Form Physiotherapy for approval prior to printing or distribution.

Course Guidelines:

- Workshops are run with a minimum of 11 and a maximum of 20 participants, with the exception of The Perfect Pointe System which runs with a minimum of 5 and a maximum of 10.
- Teachers and/or parents who wish to observe student workshops are welcome, however they must also be registered as a paid participant (this does not include the organiser of the workshops.)
- We do advise that parents not attend workshops, particularly in younger aged classes, as it tends to distract students.

Travel:

There are travel allowances whether the workshop is being held in Sydney, Inter-state or International. Allowances vary for each. Please contact Perfect Form Physio for more info.

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Intellectual Property:

- Content delivered in the workshops may be included into general classes and is encouraged.
- Participation in a workshop does not result in licensing to run the workshops independently.
- Studios must not advertise or take payment for running repeat sessions of the workshops without written consent from Perfect Form Physiotherapy.
- A licensing process is under development to allow the regular running of these courses globally.
- Once workshops have been run at a dance school, the director may choose to become a distributor of the resources. Costs and commissions depend on the cost of delivery and volume of books purchased (minimum 10 books per order.) Please enquire further if this option is of interest to you.



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What Happens Now:

Contact us and we will send you through the correct form!

Perfect Form Physiotherapy

Phone/Fax No: **02 9922 7721**

Email: **info@perfectformphysio.com**