

# THE DANCING BODY

## -A practical and scientific approach to dance-

### What do we offer?

The Dancing Body provides practical and theoretical workshops for dancers and dance teachers. We believe that the key to realising our full potential as dance practitioners lies in an understanding of the human body, and that this knowledge is vital preparation for a career in dance.

The science of dance is an emerging field, the influence of which is slowly augmenting dance practice and improving health within the sector. The dancing body workshops provide participants with access to relevant and practical aspects of dance science which can be applied directly to dance training and teaching.

By approaching dance through this scientific lens, participants will acquire knowledge to enable them to:

- reduce the risk of injury
- manage injury recovery
- optimise training, development and performance
- improve career longevity

The Dancing Body workshop is designed to open the door for dancers and dance educators to integrate knowledge of the human body into their own dance practice. A healthy and long-lasting career will be the result of how well one takes informed care of their own dancing body.

### Who we are

**Arianna** trained as a dancer since the age of 10. She lived in the UK from 2010 to 2019 where she was employed by several ballet and neo-classical companies. She also performed at the Rose Theatre Bankside in London, with a physical theatre company and was hired as lead dancer in a Fashion Film.

Along side of her dance career, she gained a qualification as a Pilates Instructor.

In 2018 Arianna qualified as an osteopath at the British College of Osteopathic Medicine of London. Since graduating Arianna worked for two clinics in the Greater London area, where she treated patients of all ages and kind.

In January 2019 Arianna joined the Centre of Advance Training (CAT) team at the London Contemporary Dance School (the PLACE). In this program, she collaborates

with a team of osteopaths, physiotherapists and sport-medical doctors devising screening protocols, whilst assisting and treating elite level adolescent dancers. From July 2019 Arianna moved back to Bologna where she works as an Osteopath for a private clinic and she also collaborates with Art Factory International and Anfibia dance programs ( from Leggere Strutture). As part of these dance programs, she treats professional dancers and delivers interactive classes about applied anatomy and injuries prevention. Arianna is still collaborating with the London Contemporary Dance School in London once a month.

[<https://ariannaosteowixsite.com/mysite>]

**Yaghvali** received her ballet training in France with national and international teachers. She studied different schools of classical ballet (French School, Vaganova, Bournonville, American School, Equal Weight technique). She also trained in contemporary and modern dance. While working as a freelance dancer, she certified as a teacher (Diploma in Dance teaching, BBO, UK ; Diplome d'Etat de Professeur de Dance, France).

After Moving to London in 2010, she dedicated herself to teaching. From 2017 until 2019, she took the position of academy coordinator and full time ballet faculty (ballet, Floor Barre®, Pilates, Pas de Deux/Partnering) in SEAD (Salzburg Experimental Academy of Dance).

As a teacher, Yaghvali worked with the Michael Clark Company (UK), the London Theatre School (UK), Central School of Ballet Nights (UK), Danceworks (UK), Conservatoire du Valais (Switzerland), Académie de Danse Lyon 7 (France), Skating School of Switzerland (Switzerland), Luciane Neves School of Dance (UK), Limoges Summer Intensive (France), Fuoricentro Danza and Institut de Danse du Val d' Aoste (Italy), SEAD (Austria), PERA GAU (Cyprus) and Crossings Dance (Calgary, Alberta).

As a choreographer she created pieces for the DCompany! (Austria), Cie Philioscope and Cie Les Licornes Zebrées (France).

She is also a BTEC qualified Sports and Remedial Massage Therapist (ISRM), a Reiki (level 3) practitioner, a certified Rommett Floor Barre® teacher and a certified Pilates instructor (CTT Basi® Pilates), and uses these skills to help dancers prevent and recover from injuries.

She has earned both Bachelor and Master degrees in Arts History and History at Université Lumière Lyon 2 (France)/Università della Tuscia (Italy), and a Dance Science MSc at Wolverhampton University (UK). She is currently studying Complementary and Holistic Therapies as part of the Higher International Diploma with the School of Natural Health Science (UK) and earned a Master in Art and Culture management with the Rome Business School in June 2020.

[<https://www.yaghvalifalzari.com>]

**Holly** trained at the Northern School of Contemporary Dance in Leeds, UK where she refined her skills in contemporary dance performance and in particular dance education. Dance facilitation and skill development in others have always been her passion within dance. This drive to nurture skills in people ultimately lead to her training to be an osteopath. Holly graduated with a Masters in Osteopathy with Distinction from the British College of Osteopathic Medicine in 2017. Since graduating she has gained a solid grounding and experience of treating and

rehabilitating her patients. Holly has a specialist interest in dance rehabilitation and is passionate about raising standards of dance teaching and practice which have dancers wellbeing and health at their core. [<https://www.helpinghandshealth.co.uk/>]

## How we work

Our workshops are suitable for:

- Dance schools
- Youth dance company (ballet and contemporary)
- Dance Festivals
- Dance teachers (ballet and contemporary)
- Professional dancers (ballet and contemporary)
- Therapists who work with dancers

All our workshops encompass both theoretical and practical work in the form of:

- Floor Barre©
- Pilates class
- Ballet class
- Contemporary class
- Improvisation and experiential exercises
- Interactive lectures

Our workshops are taught in modules so they can be tailored to the needs of participants and the length of time a workshop is booked for.

Our Modules:

**Experiential Anatomy** - the shoulder girdle, the pelvic girdle, the ankle, the skeleton and gravity

**Physiology of injury** - what happens when we get injured and what can we do about it

**Overtraining, Undertraining and training smart** - optimal training to reduce injury and smart training to train with an injury

**Hypermobility** - how to recognise it and how to manage it

**Strength vs endurance** - what's the difference between, what is their role in injury prevention and how to train them

**The core** - is it a myth? Is it integral to movement? How do we use it to our benefit?

**Balance and proprioception** - how do they work and how do we get good at them?

**Asymmetry** - why do we have it and how do we work with it

**The psychology of injury** - how to get mind and body on the same side for recovery

