## THE DANCING BODY

## -A PRACTICAL AND SCIENTIFIC APPROACH TO DANCE-



A practical and theoretical workshop designed for professional dancers, students and teachers.



YAGHVALI FALZARI

Ballet, contemporary, floor barre© and Pilates instructor



ARIANNA PISANO

Osteopath, dancer and Pilates instructor



HOLLY ELLIOT

Osteopath, BA in Performing Arts

"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."

> MORE INFO thedancingbody3@gmail.com