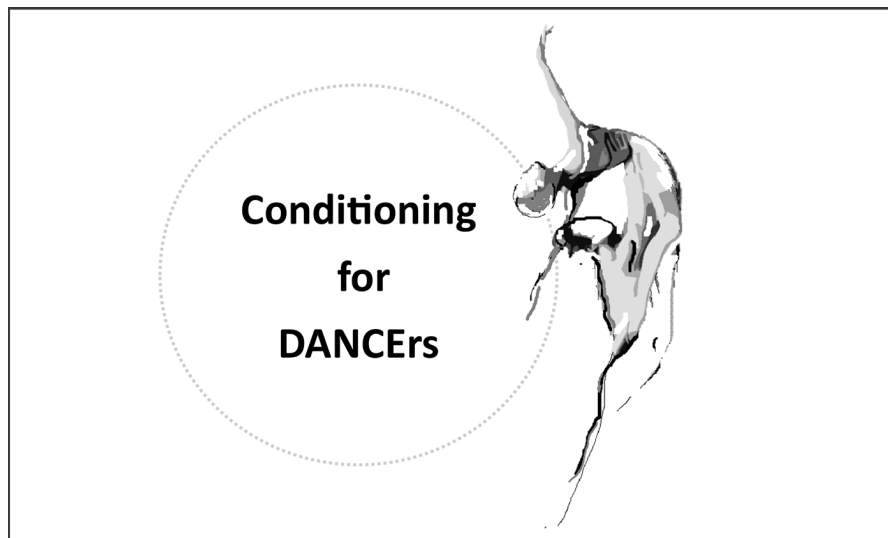


Conditioning for DANCERs

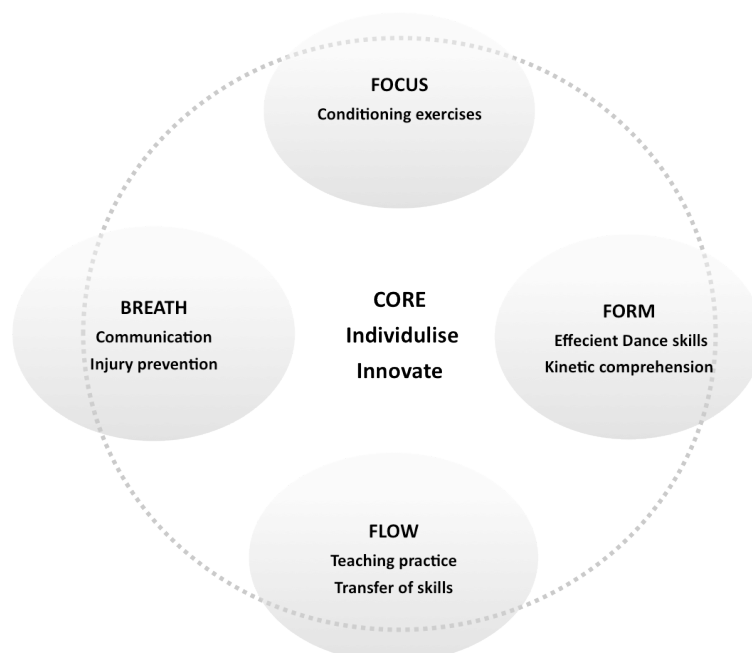


Presented by Paula Baird-Colt

This course is aimed at Pilates practitioners and other health professionals currently teaching conditioning exercises to dancers. A series of theoretical and practical workshops will expand the selection of teaching content and strategies to enhance conditioning for dancers. The course will be delivered in four modules, each module will approach the conditioning of dancers from a different but complimentary perspective.

The relationship between body conditioning exercises, the Pilates method principles and fundamentals of dance movement technique will be explored and linked in each module of the course.

Each module is linked through the **CORE** approach; '*teach the body in front of you*', that in turn aims to foster and refine the participant's skills to manipulate, innovate and individualise conditioning exercises.



Paula Baird-Colt

Paula Baird-Colt is an innovative dance-movement specialist who has based her practice on extensive experience as a performer, teacher and producer in the dance profession. Paula's in-depth knowledge of classical ballet technique and dance repertoire has provided her with a foundation to provide analysis, program development and implementation required for an elite dancer to remediate and maintain safe movement practice.

Module 2 – FLOW

Will be co-presented by Noelle Shader and Paula Baird Colt and will incorporate their combined years of experience in assisting professional dancers in ongoing development of dance technique and safe dance practice.

Conditioning for DANCERs presented by Paula Baird-Colt

COURSE PREREQUISITES

- 2 years practical teaching experience of the Pilates method
- Currently working with a client base that includes dancers
- Personal or professional dance experience preferable but not essential.
- Experience in dance education preferable but not essential.
- Physiotherapists with Pilates/other exercise based teaching experience

COURSE STRUCTURE

The course is divided into four modules which will be delivered across intensive weekends. The modules will be spaced across a 12-month period. It is preferable for participants to complete the four modules but not required, however, the **completion of Module 1 is a pre-requisite for engagement in any of the other 3 modules.** Each module will approach conditioning dancers from a different but complimentary perspective.

MODULE 1 - FOCUS

The FOCUS module highlights the practice of conditioning exercises that support dancers in their art practice. The workshops will include: select movement content and teaching methodologies for conditioning exercises.

MODULE 2 – FORM

Co-presented by Noelle Shader and Paula Baird-Colt
Form is central to efficient sustainable movements and safe dance practice. The FORM module investigates the relationship between dance technique and conditioning exercises.

MODULE 3 - FLOW

The FLOW module incorporates identification and practice of teaching methodologies to aid the transfer of skills from exercise to dance technique and performance.

MODULE 4 - BREATH

The final module - BREATH - is a synthesis of the previous three modules. The aim is to reflect on kinetic concepts, instruction methodology and scope for further refinement of teaching skills and a deeper understanding of the use of conditioning exercises in the context of common dance injuries.

DATES

Module 1 - FOCUS (inclusive)

Saturday 25 February 1:30 pm - 8:00 pm
Sunday 26 February 9:00 am - 6:00 pm

Module 2 - FORM (inclusive)

Friday 26 May 6:00pm – 9:00pm
Saturday 27 May 1:30pm – 5:30pm
Sunday 28 May 9:00am – 5:00pm

Module 3 - FLOW (inclusive)

September 2017 – dates TBC

Module 4 - BREATH (inclusive)

November 2017 – dates TBC

COST (per module)

\$1,300, plus \$55 registration per module

Payment plans available on application.

CONTINUING EDUCATION POINTS

Module 1
APMA: 14 CECs
PAA: 15 PDPs

Module 2
APMA: 14 CECs
PAA: 15 PDPs

Modules 3 & 4: pending approval

REGISTRATION

Please contact Katrina Edwards at katrina@alignedforlife.com.au to request an enrolment form.

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training