



Denver Dance Medicine Associates (DDMA) and the Arvada Center for the Arts and Humanities Dance Program are pleased to offer our 2nd 2019 workshop for teachers.

Sunday, February 10, 9:00 - 12:00 AM:

"Conditioning for Dancers: What is it and why is it important"

Conditioning is crucial for dancers to reduce risk of injury and achieve peak performance in a healthy balanced body. Conditioning can be approached in the classroom to teach exercises, concepts, and benefits, but research has shown that the extra time to condition outside of technique class is most important and beneficial.

In this workshop, teachers of all ages / experience level, and genres will learn the latest research on this important topic, including:

- the significance of outside conditioning - to help dancers understand its importance to their careers
- how they can develop conditioning classes for their dancers
- how to introduce small increments of conditioning technique within a technique class
- concepts of healthy stretching

The workshop involves both lecture and discussion, and specific conditioning exercises based on the most recent research.

Instructors will be Jan Dunn, MS, Co-Director of Denver Dance Medicine Associates, and Sutton Anker, MSc, DDMA Associate and Safe in Dance International (SiDI) Registered Provider

\$65 / registration information can be found at <https://support.arvadacenter.org/71823/72046>

Please pass this information on to your own dance contacts!
Many thanks

Jan

Jan Dunn, MS

CO-Director: Denver Dance Medicine Associates
Dance USA Taskforce on Dancer Health
Past President - IADMS (International Asso. For Dance Medicine and Science)
USA Advisory Board Safe in Dance International
Dance Wellness Editor - 4dancers.org