

# THE DANCING BODY

## -Injury prevention and reduction-

### 1. What do we offer and why

Our idea is to offer a Dance Injury Workshop for those who want to learn more about the human body and its correlation with dance and injuries.

The workshop is designed to give knowledge and create awareness among this matter. We believe it is strictly important for young generation to be fully prepared and responsible to enter in their work life as ready as possible. Being a dancer or a dance teacher, requires lots of commitment and determination. As we all know, the dance world is one of the toughest, and yet it doesn't have the required health support.

Research always focus on injury prevention or rehabilitation programs, what about injury reduction?

Dancers DO get injured. The sooner we accept this concept the better everyone's recovery will be. Quoting another clinician that did some research on injury reduction:

*"I want to remove the belief that injuries are avoidable and suggest that the term injury 'prevention' can reinforce invisible pressures on dancers to maintain a model of health that is actually impossible to achieve."*

Following this concept, we believe that dancers and dance teachers can take action integrating knowledge of the human body with practical classes. A long lasting career will be the results of how well one takes care of his/her body and movement.

### 2. 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 age and kind.

Since 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.

Since July 2019 Arianna moved back to Bologna where she works as an Osteopath for a private clinic in the city centre; 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 also teaches Pilates in open classes and one to one. She integrates this method into her practice as an osteopath, as she found it to be beneficial and extremely helpful for the best recovery.

Arianna is still collaborating with the London Contemporary Dance School in London once a month.

[\[https://ariannaosteo.wixsite.com/mysite\]](https://ariannaosteo.wixsite.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) 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 is undertaking a Master in Art and Culture management with the Rome Business School.

[\[https://www.yaghvalifalzari.com\]](https://www.yaghvalifalzari.com)

### 3. The workshop is addressed to

- 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

#### 4. List of topics

- Anatomy
- Physiology and neurology of an injury in basics terminology (what happens to the body when we get injured: steps of inflammation)
- First aid, what to do right away
- Psychological aspect of an injury and its correlation with recovery (?maybe?)
- Floor barre class
- Pilates class
- Ballet class
- Contemporary class
- Improvisation and experiential exercises

#### 5. Idea of a daily schedule

The workshop will always include practical classes, such as floor barre, Pilates, ballet or contemporary dance class. Plus, lectures on anatomy, mechanism of injury, injury reduction.

What we can offer is strictly correlated to the length of the workshop. Here we present an idea of a typical daily schedule for a 2-full day workshop (8 hours per day including breaks).

Due to the vast anatomy material and the complexity about injuries and movement relationship, we are planning to divide each session according to specific parts of the body. Therefore, the workshop will be more exhaustive in a long-time frame.

Daily schedule proposal:

- 9-10.30 Lecture  
Anatomy, common mechanism of injury, first aid tips
- 10.30-13 Floor barre into ballet/contemporary class  
Participants have the chance to translate the information just learnt into a practical class
- 13-14 Lunch break
- 14-15.30 Lecture  
Injury reduction: what to do when injured. Participants will learn few therapeutic techniques to decrease pain and increase rom. They will understand the importance of movement even when injured and they will learn how to move when injured.
- 15.30-15.45 Coffee break
- 15.45-17 Pilates class

Participants have the chance to translate the information just learnt into a pilates class

- 17-17.30 Discussion/open questions
- N.B. The daily schedule will vary depending on the audience. The one reported above it is only a general idea.

#### 6. Fees range

**Option A.:** 1 day, 4 hours = 150 €

**Option B.:** 1 day, 8 hours = 300 € + transport

**Options C.:** 2 days, 8 hours per day = 500 € + transport + accommodation

**Option D.:** 3 series of workshops of 2 days spread throughout the year = 1.500 € + transport + accommodation