



THE BALLET BLOG

# STUDENT WORKSHOPS

WITH PHYSIOTHERAPIST  
FOR DANCERS - LISA HOWELL

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## HELP YOUR STUDENTS:

- Perfect the articulation of the foot
- Learn how to master turnout in all positions
- Specifically strengthen the hips for all elements of technique
- Get maximum flexibility in the safest possible way
- Discover their true core control and prevent back pain
- Improve control of the legs en l'air

# UNCOVER YOUR STUDENT'S FULL POTENTIAL AND HELP THEM ACHIEVE THEIR GOALS!

The Ballet Blog's Dance Education Workshops are a wonderful opportunity to accelerate the development of your students, learn more about how best to train both young and mature aged dancers, whilst having a whole lot of fun in the process! We offer an unique array of special workshops for dancers and dance teachers to educate them about such areas as turnout, foot control, flexibility and core stability that can be held at your dance school. The opportunity to learn about the body and have the time and expert supervision to practice is invaluable in producing strong, well rounded, and injury free dancers.

WE OFFER 2 WAYS OF BRINGING THIS UNIQUE OPPORTUNITY TO YOUR STUDIO - THROUGH "WORKSHOPS" OR "MASTERCLASSES".

**1) WORKSHOPS (All 2 hours):** You can put together a program of our formal 2 hour workshops which are each based around one of our dance education manuals, such as "The Perfect Pointe Book" or "Front Splits Fast". These workshops are a great way to get all of your students working together on the same exercises and have a good solid structure to follow. For all 2 hour workshops, students are required to have the appropriate book. These can be purchased at a 50% discount if the student has not already own the resource.

**2) MASTERCLASSES (60-90 mins):** Our shorter Masterclasses can help your students overcome common issues seen in class. Masterclasses are available to dance schools either in combination with a teachers workshop for a once off event or on a more regular bi-weekly or monthly basis. All students receive a PDF printout for the class which includes information on exercises covered and space for their own notes.



# GIVE YOUR DANCERS THE RESULTS THEY WANT!

## WORKSHOPS:

- Advanced Foot Control (ages 14+)
- Front Splits Fast (ages 13+)
- The Perfect Pointe Book A (ages 10+)
- The Perfect Pointe Book B (ages 10+)
- Ball Conditioning For Dancers (ages 12+)
- Dance Conditioning 1 (ages 10+)
- Dance Conditioning 2 (ages 13+)
- A New Approach To Core Stability (ages 13+)
- Training Turnout (ages 13+)
- Will I Ever Dance Again? (ages 13+)
- How To Improve Your Pointe Range Safely (ages 12+)
- How To Get Your Legs Higher In A Developpe Devant (ages 14+)

## COST

All workshops and classes are \$300 per hour. For all 2 hour workshops, students are required to have the appropriate book. These can be purchased at a 50% discount if the student has not already own the resource.

National and International Workshops may incur travel and accommodation expenses in addition to the workshop fees. Please contact us for details.

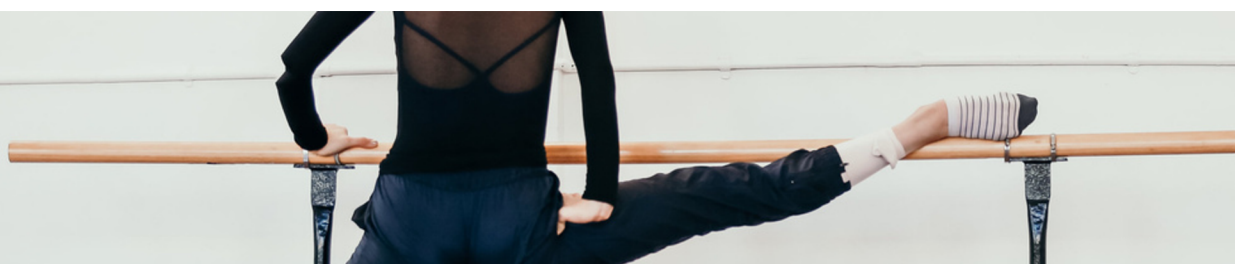
## MASTERCLASSES:

- Ankle Stability - "Everybody Rise"
- Articulating the Dancer's Foot
- Basic Pre-Pointe Preparation
- Breaking down the Grand Jeté
- Challenging Concepts of Core Stability
- Cross Sling Development
- Cupping for Flexibility
- Improving Arabesques
- Improving Shock Absorption
- Looking After Your Body In The Holidays
- Managing "Shin Splints"
- Managing Clicky Hips
- Perfecting the Penché
- Postural Control
- Retraining Rises
- Safe Warm Up And Cool Down
- Self Assessment for Optimal Training
- Shoulder Stability for Dancers
- Standing Leg Turnout
- The Importance of the Breath
- Training Healthy Tendons
- Training Turnout en Fondu
- Training Turns
- What Is Fascia?

**FOR MORE INFORMATION OR TO BOOK ANY COMBINATION OF WORKSHOPS AND CLASSES, CONTACT US TODAY!**

Email: [workshops@theballetblog.com](mailto:workshops@theballetblog.com)

[www.theballetblog.com.au](http://www.theballetblog.com.au)





# WORKSHOP OPTIONS

## THE PERFECT POINTE BOOK A 2 HOURS (AGES 10+)

Set your dancers up for pointe work the right way! This workshop will help increase the flexibility and strength of their feet and ankles. Dancers learn tests, exercises and massage techniques to help prepare their feet for pointe.

## FRONT SPLITS FAST 2 HOURS (AGES 13+)

Often students will reach a plateau in their flexibility. This workshop will teach dancers how to overcome this barrier and reach their optimum flexibility by mobilising the neural and fascial systems that are often neglected with normal stretching.

## BALL CONDITIONING 2 HOURS (AGES 12+)

A large exercise ball can be a dancer's best friend when it comes to core training. This 2 stage program teaches many creative ways to use a Swiss ball to develop dynamic core control.

## A NEW APPROACH TO CORE STABILITY 2 HOURS (AGES 13+)

Dancers uncover the details of true core control by developing awareness of the inner unit rather than doing hundreds of sit-ups. This allows dynamic and fluid control of the spine, to help achieve higher extensions, better turns and relieve any back pain.

## THE PERFECT POINTE BOOK B 2 HOURS (AGES 10+)

This workshop will help dancers develop their core strength and turnout before starting en pointe. Ideal for all pre-pointe dancers and those already en pointe. Dancers can only participate in this workshop if they have completed The Perfect Pointe Book A.

## DANCE CONDITIONING 1 2 HOURS (AGES 10+)

A general conditioning program for younger dancers including Pilates based exercises as well as integration into class work. This workshop focuses on the correct stabilisation of the core, turnout control, flexibility and foot work.

## TRAINING TURNOUT 2 HOURS (AGES 13+)

Most dancers either want more turnout range or need to know how to control their mobile hips better. Students learn how to increase range in specific areas as well as how to control turnout in standing, en fondu and en l'air for greater control when dancing.

## HOW TO IMPROVE YOUR POINTE RANGE SAFELY 2 HOURS (AGES 12+)

Dancers explore many massage techniques, joint and fascial mobilisers to safely improve pointe range. This is followed by an in depth look at retraining the muscles that stabilise the foot and ankle to allow use of their full pointe range in class.

## ADVANCED FOOT CONTROL 2 HOURS (AGES 14+)

Understanding how the feet work is essential for all dancers. Dancers will learn simple massage techniques and stretches to release excessive tension and exercises to help prevent injury.

## DANCE CONDITIONING 2 2 HOURS (AGES 13+)

This workshop is designed for older dancers and covers more advanced exercises for spinal mobility, core control, turnout, the upper back as well as the feet and ankles. It also helps dancers put together their own individualised conditioning program.

## WILL I EVER DANCE AGAIN? 2 HOURS (AGES 13+)

This workshop teaches dancers how to manage their training if and when they have an injury. Dancers will learn how to build back to full capacity gradually, whilst maintaining strength, flexibility and control in the rest of the body.

## GET YOUR LEGS HIGHER IN A DÉVELOPPÉ DEVANT 2 HOURS (AGES 14+)

This course includes specific assessments to identify restrictions, then explores mobilisation techniques and exercises for subtle spinal mobility and pelvic control. This allows dancers to use the least amount of effort to get the nicest line.



# DANCE EDUCATOR SERIES

Are you keen for training for your teachers as well?

Preventing and managing injuries is an essential part of teaching dance, and it is so important that all teachers are empowered to create a safe environment for their dancers.

In our Dance Educator Series we have condensed our extensive experience of working with dancers of all levels into the most usable tools for all dance educators to have on hand in a studio or clinical setting. We continually refresh and refine this work so it's always up-to-date with current research. We focus on keeping things fun and welcoming, and all workshops come with extensive additional resources to help apply the work with your dancers.

For further info on these courses, please visit <https://theballetblog.com/workshops> and ask us for the additional application form for these workshops as they are structured a little differently.

## LEVEL 1 - THE FUNDAMENTALS



The Level 1 in-person workshop is an extraordinary three days of full on learning. A perfect blend of theory and practical, with live demonstration models and self exploration so you really "get it". A great way to get to know like-minded teachers in your area and feel empowered in your teaching right away.

## LEVEL 2 WORKSHOPS



## LEVEL 3 WORKSHOPS





## ABOUT LISA HOWELL

Lisa is a physiotherapist, author, speaker and creator of The Ballet Blog, which has revolutionised how dancers think about their own body, injuries and performance enhancement. She is well respected both nationally and internationally for her work with dancers, and has lectured throughout Europe, The United Kingdom, The United States and Australasia on Dance Anatomy, Injury Prevention, Recovery and Performance Enhancement.

## ADDITIONAL NOTES

- Please note that there is a minimum of 4 hours for any on-site workshop sessions.
- 50% of the teaching fee is payable to secure the dates for the workshops.
- As the content is customised for each class, this booking fee is non-refundable within 30 days of the workshop.
- Numbers of attendees at each workshop must be confirmed at least 2 months before the workshop to allow printing of all books and PDF handouts.
- The dates may be rescheduled up to 30 days before the workshop if needed.
- The full invoice must be completed at least 48 hours before the workshop (Sydney Metro) or a week prior to the workshop for all other areas.
- A travel fee of \$2 per km is payable for any workshops within Sydney Metro.
- All travel and accommodation expenses outside of Sydney Metro will be the responsibility of the host.

## ARE YOU READY TO BOOK?

If you are ready to book in any combination of workshops and classes, please fill out the attached application form and email to [workshops@theballetblog.com](mailto:workshops@theballetblog.com).

We will be in touch to discuss possible dates and confirm any additional details.

# STUDENT WORKSHOP - APPLICATION FORM

## Contact Details:

Contact Name: \_\_\_\_\_

Job Title \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Organisation \_\_\_\_\_

Organisation Website \_\_\_\_\_

## Event Details:

Anticipated Dates \_\_\_\_\_

Location \_\_\_\_\_

Address \_\_\_\_\_

Number of attendees \_\_\_\_\_

Age of Dancers \_\_\_\_\_

Number of hours required \_\_\_\_\_

Anticipated topic/s \_\_\_\_\_

## Workshops / Masterclasses Requested: