GIVE YOUR STUDENTS THE RESULTS THEY WANT!

Use the latest research in dance medicine and anatomy to advance your student’s technique and maximise their potential.

HELP YOUR STUDENTS:

- Learn everything they need to know before starting en pointe!
- Learn exactly where their turnout muscles are!
- Specifically strengthen their hips for all elements of technique!
- Get maximum flexibility in record time!
- Discover their true core control and help recover from back pain!
- Increase their extensions and turnout range!
Uncover your student’s full potential and help them achieve their goals!

Are you looking for something new and exciting for your students?

We offer 2 ways of bringing this unique opportunity to your studio – through “classes” and “workshops”.

1) Our shorter (60-90 minute) classes can help your students overcome common issues seen in class or we can customise one to fit your needs. Classes are available to dance schools around the Sydney area either in combination with workshop for a once off event or on a more regular bi-weekly or monthly basis.

2) Alternatively 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.

Classes Available:
- Safe Warm Up And Cool Down
- How To Look After Your Feet
- Amazing Arabesques
- How To Look After Your Body In The Holidays
- Basic Pre Pointe Preparation
- How To Always Perform At Your Peak

OR customise your own class!

Workshops Available:
- Advanced Foot Control (ages 14+) – Teachers version also available
- Front Splits Fast (ages 13+) – Teachers version also available
- 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+)
- Core Stability Course (ages 13+)
- The Perfect Pointe System – Teachers Only
- Training Turnout (ages 13+)
- Body Image Workshop
- Will I Ever Dance Again?
**Safe Warm Up And Cool Down**

Sustained stretches before dancing can actually inhibit a dancer’s performance and increase risk of injury. Students learn the difference between effective warm up and flexibility training and discover a comprehensive warm up routine that gets their mind and body fully prepared for class.

**How To Look After Your Feet**

Dancers often put up with painful feet thinking that it’s part of the course. It’s not! Learning practical tips on foot hygiene and after class care can drastically reduce the amount of discomfort and injuries they get from their regular dance classes.

**Amazing Arabesques**

Many students struggle with achieving a good line of arabesque and often cause themselves injury in trying to get their leg higher. This class examines all of the areas needed to achieve a good line and teaches the students safe stretches and exercises to achieve amazing arabesques!

**Basic Pre Pointe Preparation**

This class is a summary of what is covered in The Perfect Pointe Book and can be a great introduction to the program or run as an ongoing class for young students in the year prior to going onto pointe. Correct preparation will ensure a much greater success rate when students start on pointe.

**How To Look After Your Body In The Holidays**

Students seem to either neglect their bodies in the holidays or not give them enough rest. Returning to dance safely after a long break depends on a well structured program over the holiday period. They will learn what to do and what not to do during time off dancing to ensure they come back in great shape.

**How To Always Perform At Your Peak**

With so many eisteddfods, exams and performances during the year a dancer can struggle to always perform at their best. This class teaches practical tips that are often forgotten including nutrition tips, advice on sleeping, psychological performance and post performance recovery.

**Make Your Own Class!**

Most dance teachers have several areas that they know their students are struggling with yet may find it difficult to come up with ways of resolving this for the whole class. If you are having any issues within a class of students (such as chronic Achilles pain) let us know and we can structure a class to fit your needs!

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**FOR MORE INFORMATION OR TO BOOK ANY COMBINATION OF CLASSES OR WORKSHOPS, PLEASE CONTACT US ON (02) 9922 7721 OR EMAIL US INFO@PERFECTFORMPHYSIO.COM.**
**WORKSHOPS**

**The Perfect Pointe Book A**
2 hours (ages 10+)

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

**The Perfect Pointe Book B**
2 hours (ages 10+)

Students learn exactly where their turnout muscles are and how to strengthen them! This workshop will help students get their core strength and turnout perfect before starting en pointe. An essential for all pre-pointe dancers! Students can only participate in this workshop if they have already completed The Perfect Pointe Book A.

**Front Splits Fast**
2 hours (ages 13+)

Get maximum flexibility in record time by mobilizing the neural and fascial systems that are often neglected with normal stretching! Often students will reach a plateau in their flexibility. This workshop will teach your students how to break through this barrier and reach their optimum flexibility!

**Advanced Foot Control**
2 hours (ages 14+)
Teacher’s version available

Understanding how the muscles in their feet work is essential in making them work better! Students learn some simple massage techniques and stretches to release excess tension and prevent injury from occurring. An essential course for any high level dancer!

**Dance Conditioning 1**
2 hours (ages 10+)

An all over conditioning program for younger students 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 some foot work. A great introduction to our workshops for younger students!

**Dance Conditioning 2**
2 hours (ages 13+)

This workshop is designed for older students and covers more advanced exercises for spinal mobility, core control, turnout, upper back and feet and ankles. It helps the older student put together their own conditioning program or for teachers bring some variety into a structured class.

**Ball Conditioning for Dancers**
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 lots of creative ways to use a swiss ball to develop dynamic core control!

**Core Stability Course**
2 hours (ages 13+)

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

**Body Image**

Students learn about their own unique body type and how to maximise this to greatest effect! This workshop will help them understand their body and how this relates to the world of dance. It addresses nutrition and safe eating/diet habits as well as positive role models, personal strengths, posture and self-acceptance.

**Will I Ever Dance Again?**

This workshop is perfect for any dancer who is unable to train at full capacity, whether this is due to a foot injury, surgery, an accident or illness outside of the studio. It helps them build back to full capacity gradually, while maintaining strength, flexibility and control in the rest of the body.
Advanced Foot Control
Learn specific anatomy of the dancer's foot and how to stretch, strengthen and massage individual muscles for ultimate mastery of this very important area! Includes detailed injury reports to help you help your students recover fully from common injuries.

Training Turnout
Learn how to assess the differences between various students' hips and appropriate training for each type. This is an essential workshops if you have several students complaining about clicky hips or hip pain during class.

Front Splits Fast
Learn how to assess your students who are struggling with flexibility and work out what areas need attention and how to help them overcome their restrictions. This course often helps teachers recover their own flexibility as well.

The Perfect Pointe System
This course gives teachers an objective way for assessing students for pointe work and uncovering reasons why certain students are having difficulties in class. The assessment process can be used on dancers of all ages and abilities including boys.

BOOK NOW
Call (02) 9922 7721
Email info@perfectformphysio.com
www.perfectformphysio.com.au
About Perfect Form Physiotherapy
Perfect Form Physiotherapy is one of Sydney’s leading Physiotherapy clinics for dancers. We seek to change the world of dance by providing high quality treatment and education to deepen the understanding of the dancer’s body to teachers, students and their parents. Our aim is to empower individuals with the tools they need to reach their full potential as a dancer. All of our experienced therapists have a strong background in dance in a variety of different styles, meaning that they understand everything that is involved and can help students become the best dancer they can be!

Perfect Form Physiotherapy Dance Education Workshops
Perfect Form Physiotherapy’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 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.

Costs
All workshops and classes are $250 per hour ($300 with Lisa Howell). One on one private consultations can be arranged at $150 per hour if 2 or more workshops are booked. 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.

BOOK NOW
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