



DEEPER WATER ARTS

& MIND/BODY CENTER

Descriptions of Offerings

Below are examples of master classes, workshops, and seminars that I offer.

I can customize any options to fit your needs, and can teach a single seminar (1-2 hours), class (1.5-2 hours), or series (2-5 classes). If you have a specific request for a topic you don't see below, just ask! I provide more than what is listed here, and may be able to help you!

Master Classes & Workshops:

Modern: Horton Technique

This class progresses through rolldowns, modern plies, the lateral series, and fun across-the-floor combinations. We will explore challenging and fun polyrhythms with the body. We will also gain an introduction to who Lester Horton was and the historical significance and influences of this technique, as well as why it is relevant today.

Levels available: Beg, Int, Adv, Professional

Floor Technique

In this class, we will change our relationship with gravity. We will explore ways to efficiently initiate movement from different parts of the body, carry our weight through space with the right balance of release and control, and find ways to be "tall" along horizontal planes.

Levels available: Int, Adv, Professional

Israeli Contemporary Styles

This class takes a look at the common elements of the Israeli modern dance scene. Israel is home to one of the foremost contemporary dance scenes in the world right now, creating innovative choreography and powerful, gut-wrenching art out of a bold, harsh environment. This technique draws from Sharon Vaisvaser, Rami Be'er (Kibbutz Contemporary Dance Company), Inbal Pinto, as well as classical American modern and contemporary European dance styles.

We will explore what it means to move from one extreme to another, and how to balance along that fine line between control and chaos. Combinations will help cultivate one's eye for movement specificity and clarity, and dancers will learn how to interpret movement to best express their individual selves.

Levels available: Beg, Int, Adv, Professional

KCDC Repertoire

I can teach repertoire from Kibbutz Contemporary Dance Company in Israel. It is highly physical and requires honing a dancer's attention to detail.

Level: Adv/Professional

Contemporary Ballet

This technique class is rooted in the philosophy and training of Alonzo King and LINES Ballet (San Francisco, CA). Using the foundational science of ballet, dancers will explore how to fulfill technical demands and simultaneously DANCE everything. They will strengthen alignment, placement, and ability in marriage with artistry and personal voice. Dancers will push beyond their comfortable limits, travel in new ways, and discover new languages of expression.

Levels available: Int, Adv, Professional



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Master Classes & Workshops continued:

Improvisation/Composition Workshop

Single workshop: 1.5-2 hours

Long workshop: 4-5 days, ideally 2hrs/day

Do you freeze in fear when asked to improvise, or do you want to choreograph but don't quite know how to begin a composition? Or perhaps you're seasoned in both but feeling a bit stuck in a rut or out of ideas. This workshop addresses all of these issues, and provides you with tools to jump-start the creative process and push past the frustrating "writer's block" that we all experience when it comes to improvisation and composition. We will play games, compose mini dance scores, and develop ways to begin creating something from nothing.

Levels available: Beg, Int, Adv, Professional

Composition of Solo Work

This workshop explores ways to approach solo choreography, from generating ideas to the physical creation of the work, and how to create meaningful work from choreographic 'games.' You will learn ways to move from your intellect to your body and back again, avoiding common pitfalls in the creation process of solo work.

Levels available: Int, Adv, Professional

Dancing Upside Down

In this class, we will change our relationship with gravity. We will explore ways to efficiently initiate movement from different parts of the body and carry our weight through space with the right balance of release and control. Come ready to try something new!

Levels available: Int, Adv, Professional

Seminars:

Your Psoas: The Secret to EVERYTHING

Best as a 2hr seminar

What is your iliopsoas, and how can you use it to gain higher leg extension, better posture, and even more stamina? Come find out in this interactive workshop, as well as gain tips for a higher arabesque, a better understanding of your core muscles and hip anatomy, and a method for more effective breathing while dancing. You will leave with five simple principles of dancing that you can apply to your entire practice.

Muscle Therapy for Dancers

We will explore myofascial release technique using tennis balls, giving dancers a helpful and portable way to take care of their bodies and treat/prevent soreness or tight muscles that can lead to strains/injuries. They will come away with written notes and an understanding of how to take this technique on the road, especially during performance or competition season.

Pilates for Dancers

This is a Pilates class specialized for dancers to help them move efficiently and mindfully. It targets muscle groups for neutral posture, strong movement, turnout, extension, port de bras, and balance. Come cross train your body with this mindful movement.



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Seminars continued:

Pilates for Dancers and How to Improve Your Balance

This can be done as a single class, or as a progression of several classes

We will begin with an anatomy discussion, followed by a Pilates class specialized for dancers to help them move efficiently and mindfully. From there, we will progress into balance studies, discussing how to 'grow' a balance, and conducting fun experiments to improve balance alignment, strength, and endurance.

Progressing Ballet Technique®

PBT is a cross-training method that uses proprioceptive tools such as balls and resistance bands to help dancers work intrinsically and build strength, while also exploring anatomy and furthering their ballet technique.

Levels available: Sub-junior, Junior, Senior, Advanced

The Secrets of Balance and Turning

This can be done as a single class, or, even better, as a progression of 2-3 classes.

We will begin with a short discussion, then progress into balance studies, discussing how to 'grow' a balance and conducting fun experiments to improve balance alignment, strength, and endurance. Dancers will gain a 'cheat sheet' of turning tips to use in any class they take, helping them turn 'bad turning days' into good ones!

Dancer Imbalances and Corrective Exercises for Dance

Muscle overuse causes 65% of dance injuries. In this workshop, we will explore the main muscle imbalances common to the repetitive demands of dance, and learn how to correct these imbalances and strengthen our bodies to perform at their top level.

Other seminar options:

The Science of Stretching

Strengthening your Feet/Ankles

Strong Injury-Free Port de Bras

Lecture/Discussion Options:

Performance Mindset

In this seminar, we will discuss perfectionism and worry and define the positive performance mindset for the dancer. Participants will come away with practical tools to practice and improve their performance mindset, which serves them well in any application in life!

Injury Prevention/Care

Learn how to listen to your body and understand the difference between pain and soreness. Gain a list of tools and resources to take care of yourself within your daily dance schedule. Many topics will be covered in this seminar, such as when to use ice versus heat, the benefits of cross-training, the importance of proper alignment, and how to modify to fit an injury but still participate fully in classes while recovering. Empower yourself to prevent and/or recover from injury and be a resilient dancer in any situation!

The Healthy Mover: Nutrition and Mental Health for Dancers

We will discuss what your body needs to function at top condition, as well as address the danger of eating disorders. Dancers will receive handouts and a collection of fun recipes and snack ideas that they can try with their parents or on their own. The importance of mental health will also be introduced and we will discuss aspects that are important to the healthy mover, including positive self-talk, sleep hygiene, and the psychosocial factors in dance.



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Lecture/Discussion Options continued:

Company spotlights

Company/choreographer options abound here, and I am happy to suggest some for you or prepare any spotlights you request!

Each lecture will highlight a choreographer or company with one-page handouts and videos of their work. We will open up a discussion on current styles in dance, and dancers always come away with a much broader view of what is in the dance world. We will also talk about such things as performance quality, ideas of beauty and expressiveness, and how dancers can enrich their own work by being inspired by others. Some very interesting discussions always arise in these lectures!

Auditions and Professional Careers in Dance

I will begin by sharing my own story of my dance education and career, and then will open the floor up to questions and discussion. This is totally driven by the participants and the concepts they are interested in, and has been a success time and time again. The ultimate goal of the seminar is to showcase the wide world of dance and arts careers and the MANY avenues of success beyond the common stereotypes of a 'successful' dance career.

Dancing in College

Similar to the seminar above, this one is driven by the participants in a discussion-based format, but is more specifically geared toward the serious pre-professional dancer. I will share my dance education story and we will discuss the options of attending college (or not) for dance, pros and cons of each, etc. Participants usually have tons of questions, making this is a fun one!

Choreography Seminar: Analyzing Dance

In this seminar, we will study choreographic devices in dance through five major dance works in history. We will see some great videos and learn how to watch dance with a critical eye and identify creative structures. You will leave with a plethora of tools to use if choreographing your own pieces, and a greater exposure to the wide and exciting world of dance.

Stage Makeup & Hair

This seminar can be divided into two separate shorter seminars, one on make-up and one on hair.

In this two hour seminar, we will be demonstrating **and practicing** the correct application of stage makeup, focusing on the proper shading of the face and emphasis of the eyes. Come and get all your makeup-related questions answered here, as well as learn how to do a perfect bun and other versatile hairstyles for the stage. This workshop is open to any dancer who would like to learn/practice/expand their knowledge of these skills and any parent who helps his/her dancer prepare for performance. Great ready to shine your best on stage!