

IN-PERSON AND VIRTUAL

WORKSHOP

# DANCING INTO A WELLNESS-FOCUSED SCHOOL YEAR

Keys to Curriculum Planning

SUNDAY

JULY 30TH, 2023

10AM-3PM EST

BRIGHTON, MI



[BIT.LY/DANCEWELLNESS2023](https://bit.ly/dancewellness2023)



Lisa Podnar, BS



Maria Haralambis  
M.Ed, NASM CES, FMT



GingerAnn Neslund  
PT, DPT

# Dancing Into a Wellness-Focused School Year: Keys to Curriculum Planning

Sunday, July 30th | Michelle's Academy of Dance, Brighton, MI  
10am-3pm EST

9:30-10:00AM	<b>Registration/Sign-in</b>
10:00-10:10AM	<b>Welcome</b>
<b>10:10-10:40AM</b>	<b>Inside the Dancer's Body: Anatomy Education for Dance Artists</b> Maria Haralambis, M.Ed, NASM CES, FMT
10:40-10:45AM	Break
<b>10:45-11:15AM</b>	<b>The Secret to Creating Self-Motivated Dancers: Uncovering Your Dancers' Goals</b> Lisa Podnar, BS
11:15-11:20AM	Break
<b>11:20-11:50AM</b>	<b>Dance Your Best Throughout the Year: Maximizing Performance with Periodization</b> GingerAnn Neslund, PT, DPT
11:50AM-12:00PM	Break/Mingle
<b>12:00-12:45PM</b>	<b>Rotation 1</b>
12:45PM-1PM	Break/Mingle
<b>1:00-1:45PM</b>	<b>Rotation 2</b>
1:45-2:00PM	Break/Mingle
<b>2:00-2:45PM</b>	<b>Rotation 3</b>
<b>2:45-3:00PM</b>	<b>Closing</b>