



SCAN TO
SIGN UP!

DANCE|PREHAB MOVEMENT FUNDAMENTALS

N10 DANCE STUDIOS
17291 17TH ST
TUSTIN, CA 92780

\$35/PERSON
20 SPOTS

DANCERS 12-18

WHAT IS "DANCEPREHAB FUNDAMENTALS"?

If you've never had the chance to work with us, or are interested in how we work, our **DANCE|PREHAB Movement Fundamentals** class is your opportunity to find out!

Our group movement session will emphasize:

- **STRENGTH & CONDITIONING PRINCIPLES**
- **PHYSICAL LITERACY**, and
- **MOVEMENT EXPLORATION.**

We're here to support the dancer, but more importantly, we're here for the human behind the dancer as well.

LET'S MOVE!

LEARN MORE!



SESSIONS LED BY:
LANI YAMANAKA, BFA, CPT
DR. ROB TSAI, PT, DPT



MORE INFORMATION:

- **DANCEPREHAB Movement Fundamentals** is, at its core, a space for young dancers to safely explore different movement and training modalities while respecting their physical and mental development. In our current iteration of dance and learning dance, particularly during formative adolescent years, young dancers are silo-ed into very specific movement patterns. As a result, those who choose dance, while excelling at their craft, are not often given the opportunity to explore “human” movement patterns – hinge, push, pull, jump, squat.
- Our program curated from our collective experiences:
 - As **physical therapists** treating children, adolescents, and adults who have sustained injuries as a result of participation in dance activities,
 - As **working professionals** in the entertainment and concert dance industries, and
 - As **movement educators** on the ground cultivating the new generation of dance and movement artists across youth, adolescent, and pre-professional settings.





MORE INFORMATION:

- We believe in educating dancers on building fundamental human baseline capacity with respect to scientific strength and conditioning principles, curated to the understanding of our young dancers. By building up physical and physiological baselines, we can:
 - **Reduce injury risk**
 - **Allow for a quicker, more efficient return-to-dance process.**
 - **Maximize on the quality of training for dance, of which benefits can last for life!**
- Dancers are led through a series of movements to begin learning principles that benefit performance but with the human self in mind. **To us, training is about the human first, which can only carry into their artistic exploration and expression.**

