

**Royal Academy of Dance & This Works partner to create new dance class series:
A Moving Summer**

Now more than ever dance has an important role to play in our lives – with classes to benefit body, mind and soul



Image credit: Spiros Politis, courtesy of the Royal Academy of Dance.

- Royal Academy of Dance (RAD) has partnered with award-winning beauty and wellbeing brand This Works to co-curate an eight-week series of free online dance classes from 1 July, aimed at creating moments of connection with our bodies and with each other
- 'A Moving Summer' aims to encourage you to take some time for yourselves and your families, slow down, be thankful and unleash your inner dancer
- RAD brings 100 years of dance teaching expertise to help you to wake up, wind down and everything in between with ballet-inspired exercises for all abilities to try from the comfort of your home alone or in your support bubble
- The dance classes will be supplemented by blogs and interviews from dance and wellbeing experts centered on taking care of our bodies, focusing our minds and lifting our spirits during these uncertain times
- The series airs on Wednesday, 1 July at 5pm on RAD and This Works Instagram and every week at the same time for 8 weeks

This Works & Royal Academy of Dance has collaborated on an eight-week online dance programme launching Wednesday 1 July, to encourage reconnection with our bodies (and each other), through movement, creativity and self-expression in this ongoing period of uncertainty.

A new class will be posted to Instagram by both @thisworks and @royalacademyofdance each Wednesday at 5pm, culminating in a final extended class on 19 August that will see the previous weeks' skills come together and offer a chance to ask the dance teachers for their top tips. Additional expert content will supplement the classes, focusing on managing self-care and wellbeing.

This year we will have a summer like no other, centered much more around home and family than holidays and festivals. These classes are intended to allow everyone to appreciate time at home – either alone or with loved ones - and to provide a simple, approachable way to care for our minds and bodies.

About the Classes

The free eight-week programme of curated ballet-inspired exercises will be delivered via fifteen-minute classes, which can be done alone or together in support bubbles, as a family, or even online together - creating a new 'dance family'. The series has been developed by Royal Academy of Dance teachers Imogen Knight and Joshua Tuifua, who have selected a different weekly focus for the series. Each fifteen-minute class has been designed to be suitable for home practice, and for a range of different ages and abilities. At the end of 8 weeks you will have enough to have a 'pick'n'mix' dance class with progression and build-up exercises.

Themes explored will include:

1. **Balancés** to put a spring in your step: get energised through purposeful movement introducing a range of steps that can be built up over time.
2. **Superhero moments**: In recent weeks, we have all had to draw on inner strength and these power positions will help to keep your energy up through the day.
3. **Movement mirror**: mirroring is a great way to connect with one another, this chair-based exercise focuses on arms, *Port de Bras* (also known to help boost mental alertness and focus).

RAD Teacher Imogen Knight said: *“As a dance teacher, I am so lucky to witness the transformative effect dance can have on all of us every day. After a difficult time, I can think of no better way to reset our minds and bodies this summer. I know that many of my fellow RAD Teachers across the world have been using their expert training and experience to help their communities find the joy of dance at the moment, and I am so pleased to have the opportunity to do this with you with the help of This Works.”*

RAD Teacher Joshua Tuifua said: *“The importance of caring for ourselves and each other has never been clearer, so Imogen and I have designed these classes to be enjoyed by everyone, no matter their experience of dance. Whether you are taking time out by yourself to re-energise, or enjoying a dance around the dining room table with your dad, we hope these classes will allow everyone to enjoy themselves and express themselves through movement- and maybe even be inspired to find their local dance teacher too.”*

This Works CEO Dr Anna Persaud said: *“Recognising that this Summer there is so much we can't control, we have been focusing on how we can 'Rethink Summer' focussing on simpler pleasures and taking care of our minds and bodies. We are delighted to be working with the RAD on this partnership and the opportunity it has given us to share with our audience the sense of ownership, freedom and empowerment we can feel when we reconnect with our bodies and express ourselves through movement.”*

-ENDS-

For more information, images or quotes on behalf of This Works please contact The Communications Store on thisworks@tcs-uk.net

For more information, images or quotes on behalf of Royal Academy of Dance please contact Celia Moran on cmoran@rad.org.uk

Notes for Editors

About the Royal Academy of Dance

With approximately 13,000 members in 89 countries, the Royal Academy of Dance (RAD) is one of the largest and most influential dance education and training organisations in the world. Established in 1920 to improve standards and re-invigorate dance training, the Academy helps and encourages its teachers to perfect their teaching skills and pass on this knowledge to their students. There are currently over 1,000 students in full-time or part-time teacher training programmes with the Academy and each year the examination syllabus is taught to thousands of young people worldwide, with around a quarter of a million pupils per year going on to take RAD exams. To find a RAD qualified dance teacher near you visit www.royalacademyofdance.org/find-a-rad-teacher

About This Works

This Works is a smart, natural skincare brand that works in synchronicity with the body clock to maximise skin performance 24 hours a day. Combining its knowledge of the body clock and skin health with modern lifestyle learnings This Works develops skincare and wellbeing essentials that support a busy life, starting with a good night's sleep.

About Imogen Knight

Imogen Knight is a classical ballet & modern dance teacher. Trained at Northern Ballet School in Manchester UK, she holds Diplomas in the Teaching of Dance, is a registered teacher with the Royal Academy of Dance and is an Associate of the Imperial Society of Teachers of Dance. Imogen continues to learn and to be curious about dance & education, attending courses & classes throughout the year as part of her Continuing Professional Development.

Imogen's approach is to teach correct technique and educate students about the art and style of the dance type they are studying in an appropriately disciplined class, whilst ensuring that learning dance is an enjoyable hobby for anybody who likes to dance. At Colours of Dance, Imogen has established a school founded on the principles of openness, respect, inclusion and hard work, which reflect her personal ethos.

In the wider dance community, Imogen was a member of the RAD Regional Panel for the East of England and Midlands region, serving a maximum 6 year term and in 2016, she became a Trustee of the

Royal Academy of Dance.

About Joshua Tuifua

Joshua Tuifua is a Londoner from Tongan heritage. His training, from an early age, was provided by the Royal Ballet School. First as a Junior Associate, then at the Royal Ballet Lower School at White Lodge in Richmond Park, continuing on at the Upper School before being offered a contract with the Royal Ballet Company. He rose to the rank of soloist, remaining there for sixteen years, where he performed in the major Classical ballets and created roles in numerous new productions.

Some of his credits include Benvolio in *Romeo & Juliet*, Eros in *Sylvia* and Monotones II in *Ashton*. Upon retiring from performance, Josh gained the RAD Professional Dancers' Teaching Diploma, graduating with Distinction. He teaches for the RAD both in the UK and internationally, and has created workshops for a broad spectrum of groups including those with learning difficulties, the elderly and male only courses.

As a highly experienced ballet teacher, Josh teaches an engaging, entertaining and informative class, he possesses the ability to enable each student to maximise their personal potential whilst instilling a love of the craft. His passion is for teaching and in particular focuses on repertoire.