

ROYAL ACADEMY OF DANCE

Silver Swans Celebration

Workshop Schedule

10.00-10.40	Artistic Seated Dance Zoom session Presented by Samantha Jennings	A practical session on how to include the joy of movement and dance in a seated class. <i>Teachers</i>
10.00-10.45	Discussion: The benefits of dancing with a focus on mental wellbeing Zoom session Presented by Clare Guss West	A dive into theory and research with an emphasis on the preventative benefits of dance for brain health. Includes some practical dancing opportunities to experience the theory together. <i>Teachers / Dancers</i>
10.50-11.25	Forum: Teaching adults and how they learn Zoom session Hosted by Samantha Jennings	Join a teacher's open discussion exploring the difference between children and adult learning styles. Share ideas on adult effective teaching resources, use of props and teaching devices, which engage your adult learners. <i>Teachers</i>
10.55-11.25	Discussion: Join the author of 'Dance for Your Life' In person session (also available on Zoom) Hosted by Sue Hewgill Peterson	Talking about the hidden benefits of dance for the older learner and the importance for the teacher in understanding about these transferable life skills. <i>Teachers / Dancers</i>
11.30-12.00	Strengthening Seated Dance In person session (also available on Zoom) Presented by Sarah Platt	Understand how to increase strength whilst seated. <i>Teachers / Dancers</i>
11.35-12.15	Social: Making connections In person session (also available on Zoom) Hosted by Gia Gray	<i>Teachers / Dancers</i>

12.10-12.35	Repertoire: White Swan Solo In person session (also available on Zoom) Presented by Sarah Platt	Learn an adapted version of the White Swan solo in this practical session. <i>Teachers (observation) / Dancers</i>
12.30-13.00	Conversation: Humans are Born to Dance In person session (also available on Zoom) Hosted by Dr. Peter Lovatt	Join former dancer and celebrated dance psychologist, and author of The Dance Cure: The surprising secret to being smarter, stronger and happier, and Dance Psychology: the science of dance and dancers <i>Teachers / Dancers</i>
12.40-13.05	Repertoire: Esmeralda Solo In person session (also available on Zoom) Presented by Sarah Platt	A practical session focused on a solo dance using a tambourine (optional), adapted to suit older learners. <i>Teachers (observation) / Dancers</i>
13.10-13.50	Discussion: Lifelong Learning & Wellbeing - Taking up dance in later life In person session (also available on Zoom) Hosted by Natasha Tobin	Explore motivations and influences that shape your dancing identity and top tips for growing confidence and feeling good. <i>Dancers</i>
13.10-13.40	Repertoire: Hungarian Character Dance In person session (also available on Zoom) Presented by Victoria Selway	Using the Hungarian dance from Swan Lake Act 3 as the basis for discovery in this practical session. Dancers may choose to wear a skirt (optional). <i>Teachers (observation) / Dancers</i>
13.50-14.30	Repertoire: Friends Dance, Sleeping Beauty Act I Zoom session Hosted by Annemarie Cabri	Join Canadian Senior Teaching Artist, Annemarie, in a participatory session. Start with simple coordination exercises to increase well-being and learn the Friends Dance. This workshop will provide an insight on how to make quick choices when adapting classical ballet repertoire. <i>Teachers / Dancers</i>
14.00-14.30	Presentation: The many ways to work with music in ballet class In person session (also available on Zoom) Presented by David Plumpton and Sue Hewgill Peterson	Explore the important relationship between music and dance. David has worked as an accompanist for ballet companies and leading vocational training centres for over 25 years, alongside notable teachers, choreographers and dancers. Releasing his own artistically emotive series of music on CD. <i>Teachers</i>