

Webinar title:	C-I Training, Conditioning with Imagery for Dancers
Presented by:	Dr. David Outevsky
Target audience:	Dance Teachers / Dancers/ Choreographers wanting to understand the anatomic principles of conditioning and learn how to apply imagery in their training.
Aims:	<p>The aims of this webinar are to:</p> <ul style="list-style-type: none"> • Equip participants with basic knowledge of C-I training. • Explore various conditioning exercises for different dance goals. • Improve the participants understanding of their anatomy in dance. • To be able to incorporate the conditioning exercises into the classroom.
Learning outcomes:	<ul style="list-style-type: none"> • Have an increased understanding of their own bodies. • Be able to incorporate the understanding of C-I into their teaching. • Have a greater clarity of how to teach dance through imagery. • Become aware of the existing research in the field of dance conditioning.
Webinar Description:	<p>C-I Training™ (conditioning-with-imagery) is a body system which incorporates both conditioning exercises for muscular strength, endurance, and flexibility, as well as visualization and imagery work for neuromuscular re-patterning (or movement re-education), alignment work, and mind-body integration and connectedness. Additionally, its purpose is to address problems with transfer of training from conditioning and re-alignment methodologies to movement practices in classes, rehearsals, performances, and daily life. The applications of C-I Training™ can assist with injury prevention, improved training practices, and appropriate warm-up procedures. It was developed by Dr. Donna Krasnow from whom Dr. Outevsky received training as advanced level trainer. Each workshop session will conclude with practical advice for teachers and goal setting activities for the implementation of the class material in the studio.</p> <ul style="list-style-type: none"> - Presentation of relevant research (15 min) - Fundamental principles and Warm up (20 min) - Legwork and Core Support (20 min) - Développée and Rond de Jambe (15 min) - Developing Turnout (20 min) - On Extension (15 min) - Strengthening and Stretching (15 min)