

Living Dance will be making price increases to put it line with other curriculums. This seminar offered at 2015 prices.

BOOK YOUR PLACE!

JUNIOR BALLET Australian dollars quoted
New Teachers with all materials supplied **\$500**
Materials: Syllabus, CDs and DVDs for each Grade
Thurs 7 July : Pre Primary, Primary , Grade 1
Friday 8 July: Grade 2, Grade 3:
Teachers as refresher who have materials \$80
Assistant Teachers - training only \$100

JAZZ & CONTEMPORARY Saturday 9 July

New teachers with all materials supplied:-
JUNIOR LEVELS Levels 1-4 **\$350**
SENIOR LEVELS MATERIALS Levels 5-6 **\$120**
Teachers as refresher who have Materials **\$30**
Assistant Teachers - training only **\$70**
*Living Dance steers away from the provocative
in movement, lyrics and costuming!*

PRE DANCE

Thurs 7 July : Pre Dance 1 - after Grade 1
Friday 8 July : Pre Dance 2 - after Grade 3
Free if attending 2 other curriculums with Materials
New teachers with all materials supplied **\$500**
Free - Teachers as refresher who have materials
Free - Assistant Teachers - training only

SENIOR BALLET Seminar is not offered in all seminars
Senior Ballet Seminar is planned for South Africa 2017 including
Grade 6 & Pre Intermediate.
*HOWEVER Senior Ballet Materials can be purchased if any
teacher would like to get started on this.*
Manual; Music CDs, DVDs Grade 4 \$80
Manual; Music CDs, DVDs Grade 5 \$80
Manual; Music CDs, DVDs Intermediate \$80

**Earlybird Discount: 10% off paid to Sue Hodson account by
7th June. See **BOOKING SHEET** for details**



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Director Conducting Seminar
Beth Bluett Sydney

*Teach dance like it's never been
taught before!*



Living Dance International Teacher Qualifying Seminar

CAPE TOWN July 7-9 2016

ENQUIRIES: Please contact Sue Hodson South
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Curriculums that address the spirit, soul and body!

TECHNIQUE ♥ EXPRESSION ♥ VALUES!

Parents of all persuasions are choosing schools which
use Living Dance. Now in 5 continents!

THE TECHNIQUE

1. The exercises are designed to guide teachers and to assist students 'find' the 'centre line' of their body, in any position - the basis of all freedom of movement
2. Unusual combinations often finish in an open position rather than 5th position
3. Emerging young dancers start to 'sense' within themselves when they are achieving the 'centre line' or when they are a little 'off centre'. This commences the highly tuned process of 'self correction'. This process can continue - even to the level of 'sensing' which part of their body is 'off centre' and needs to be adjusted or tuned more accurately.
4. The achieving center line' in more complex exercise, as a dancer progresses through the levels, eventually brings the dancer to the point where 'change of weight' from one position to another becomes 'practically effortless' as the dynamics of the body keep propelling them rather than sheer strength alone!
5. Total freedom of movement becomes achievable if the intricate 'centre-ing' dynamics of the body is totally focused upon and adhered to. An example of this can be observed in a spinning top. The more the top is 'centered' the longer it spins; seeming to defy gravity while it spins and spins and spins, and all for very little initial propulsion.
6. These centering concepts can be introduced to students from quite a young age, *if* they are not over burdened with too many other concepts - even other concepts which will, in the future, embellish their dancing but which if introduced



too young will cause them to lose focus or confuse them in the 'centre-ing' of their body.

7. This curriculum and concepts were largely inspired by Rosella Hightower's method of teaching as taught in her "Centre de Danse Classique" (later "Centre de Danse International") in Cannes, France. This was the 'watershed' of her teaching, from where a great body of professional dancers from all over the world have trained, retrained and benefited from her teachings. Where she 're-invented' and 'realigned' professional dancers technique to lift them to a higher plane of gravity defying ability. Maina Gielgud AO achieved this as the outstanding luminary of this process

"Become a Living Dance International teacher and you will never look back. Study with LDI and you progress with a poise grace and maturity beyond your age."

"Living Dance is the dance of the future!"

**Nicola Baartse: Oasis Dance & Drama School
Sydney**

EXPRESSIVE MOVEMENT

Lyrical movement is introduced in each classical ballet grade so dancers learn to move fluidly and emotively with the aim to express from within. We do not want students to have expression or technique imposed from without.

Inner feelings expressed naturally without artificiality - a language with no national boundaries
We encourage our dancers to dance with their heart and soul. Our aim is not just dazzling technique!

EXPRESSIVE INTERPRETATION

In Living Dance International, a dancer learns to use body language to communicate. **Expressive interpretive dance** is introduced into each grade thereby developing dramatic ability alongside technique. This develops the artistic expressive abilities which otherwise could lie dormant or under-utilized within a person.

"In dance we reveal our inner spirit and character" and "In dance we reveal our inner person of the heart"



Interpretive concepts are expressed where a dancer uses visualisation to enact various 'healthy' functions (rather than 'dysfunction') in relationships and in situations. The outcome is that of - building healthy inner concepts rather than dysfunctional imprints in the

memory of the inner person of the heart. The interpretive, communicative movement sections of the curriculum, expresses 'life skills'/core 'values' based on the Judeo-Christian ethic.

These 'life skills' are 'age appropriate' depicting, in dance, everyday situations a child would experience and the timeless values of care and responsibility.

"Living Dance International is the most modern development in classical ballet, jazz & contemporary and Pre Dance training methods - with syllabi from Pre Dance to Advanced. It is a complete system, providing teacher training seminars; examinations; exhaustive teaching resource.

The technique is broken down into achievable benchmarks for teachers in a specific order so foundations are built 'line upon line' - making it a 'fail proof' way to have students experience the exhilaration of excelling - regardless of body type!!!



