



The Ballet Blog



Dance Education Workshops with Erin Riddell!!

We are coming to Auckland, Wellington and Christchurch
29th April - 4th May
(See attached timetable for exact dates)

Take Your Body To The Next Level!

Erin Riddell, one of the top physios at Perfect Form Physiotherapy, a center dedicated to the treatment and education of Dancers, is coming to NZ to run workshops over the Autumn School Holidays. These workshops are aimed at:

- Helping you understand how you can effectively use your body to improve your dancing.
- Keeping you injury free.
- Improving your flexibility, turnout and dance technique.

The workshops Erin will be running in each location are Training Turnout, Front Splits Fast, The Perfect Pointe Book, Advanced foot Control, Dance Conditioning and Core Stability.

All 2 hour workshops cost only \$90 each and this price includes a hard copy of the associated book! If you already own the book then the price of workshops falls to just \$60 and you **MUST** bring the book with you to participate in the workshop.

Please send your signed, enrolment forms to info@perfectformphysio.com
You can also email with any questions you have or telephone between 9:00am and 6:00pm on +612 9922 7721

Hurry, places are limited to just 20 dancers per class!!

Deadline for
booking is 29th
March!!



Timetable



	Christchurch: NASDA Studio 29th April	Christchurch: NASDA Studio 30th April	Wellington Dance Academy 1st May	Wellington Dance Academy 2nd May	Auckland: Venue TBC. 3rd May	Auckland: Venue TBC. 4th May
9:00am - 11:00am	Advanced Foot Control	The Perfect Pointe Book A	Advanced Foot Control	The Perfect Pointe Book A	Advanced Foot Control	The Perfect Pointe Book A
12:00pm - 2:00pm	Front Splits Fast	The Perfect Pointe Book B	Front Splits Fast	Training Turnout	Front Splits Fast	Training Turnout
3:00pm - 5:00pm	Core Stability Course	Training Turnout	Core Stability Course	n/a	Core Stability Course	n/a

The Perfect Pointe Book A - (2 Hours - Aged 10 +) - Learn everything you need to know before starting en pointe! This workshop explores the first two stages of The Perfect Pointe Book in detail – focusing on the flexibility and strength of the feet and ankles. This includes massage techniques and specialized exercises to help improve your pointe range!

The Perfect Pointe Book B- CHCH ONLY! - (2 Hours - Age 10 +) – Stage 3 and 4 of The Perfect Pointe book involve learning about turnout and core control that are both essential before starting en pointe. Learn exactly where your turnout muscles are and how to strengthen them for ballet, and develop true core control. FOR STUDENTS WHO COMPLETED THE PERFECT POINTE BOOK A WORKSHOP WITH LISA HOWELL LAST YEAR.

Training Turnout - (2 Hours - Ages 12+) - Discover the true secrets of maximizing turnout! Teaches the anatomy of the dancers hip and great ways of increasing range and strength in isolation and in class. Essential for any young student serious about their dancing.

Advanced Foot Control - (2 Hours - Ages 12+) - This workshop is for more advanced students wanting to master the art of foot control. Learn the anatomy of your feet and ankles in more depth to help you achieve your potential. The course also has a rehabilitation focus with lots of self treatment and massage techniques combined with specific strengthening exercises to transform your dancing.

Core Control For Dancers - (2 Hours - Ages 12+) - This course covers the details of true core control and how to apply this into class. The aim is to achieve dynamic and fluid control of the spine, helping in achieving higher extensions, better turns and posture as well as relieving any back pain.

Front Splits Fast! - (2 Hours - Ages 12+) - This workshop teaches our unique program designed to get maximal flexibility in record time! Learn how to mobilize the ‘Fascial’ and ‘Neural’ systems that may have been holding you back from your full potential, using special Physiotherapy techniques, as well as how to stretch without being sore the next day. This workshop will change your life!



Enrolment Form NZ Workshops with Erin Riddell

First Name: _____ Surname: _____

Date of Birth: _____ Current Age: _____

Postal Address: _____

Home Number: _____ Mobile: _____

Email Address: _____

Parent of Guardian Name (if under 16): _____

Main Dance Teacher: _____

Name of Dance School/Studio: _____

Location you wish to attend:

Auckland Wellington Christchurch

Workshops would you like to attend: (please check attached timetable for exact times of workshops in your desired location. All payments in AUD. You can only choose the 'already have the book' option, if you have already purchased the corresponding book at another time. You MUST have the book to participate in the workshop.)

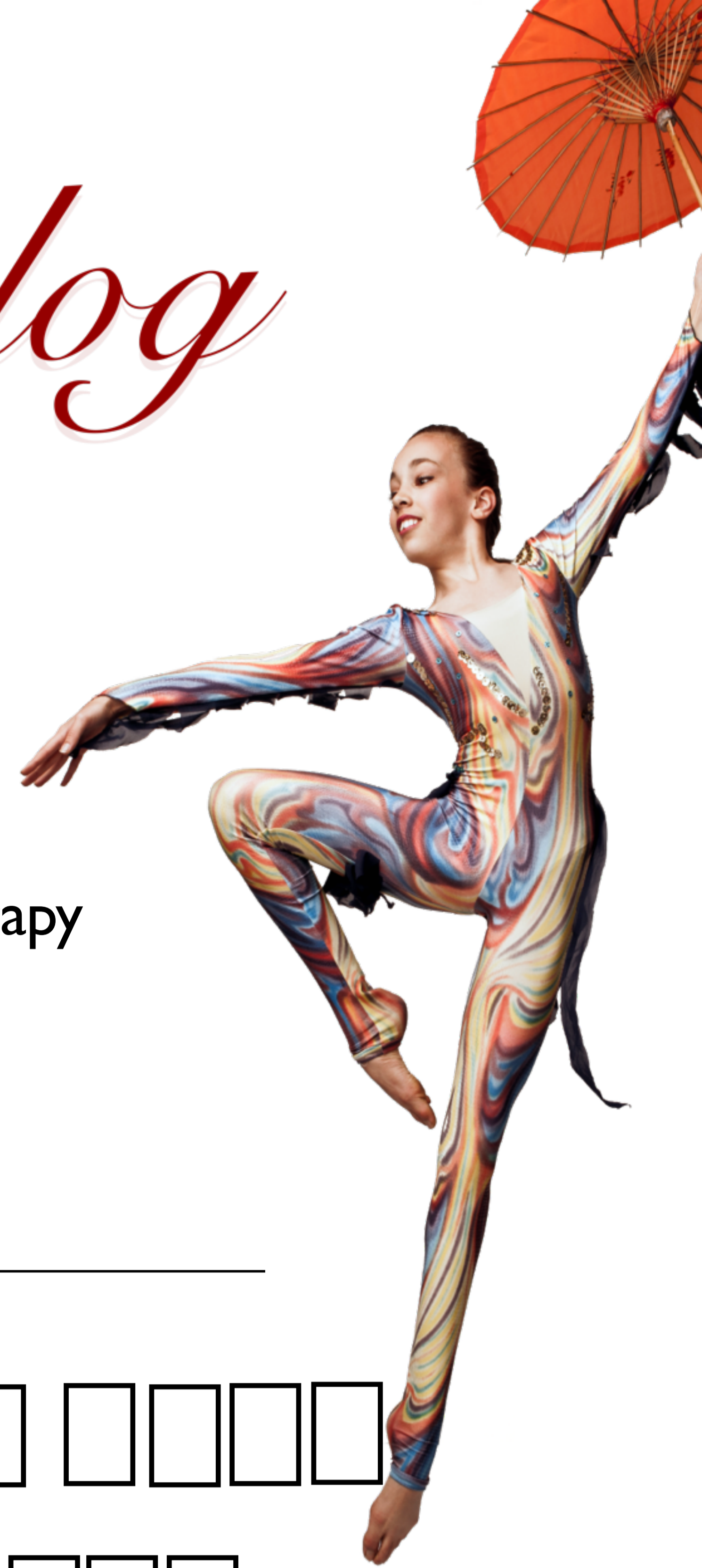
Advanced Foot Control \$90 The Perfect Pointe Book A \$90 The Perfect Pointe Book B \$60
(only for students who have done The Perfect Pointe Book A - Christchurch Only)

Advanced Foot Control - already have the book \$60 The Perfect Pointe Book A - already have the book \$60

Front Splits Fast \$90 Core Stability Course \$90 Training Turnout \$90

Front Splits Fast - already have the book \$60 Core Stability Course - already have the book \$60 Training Turnout - already have the book \$60

Total: _____



Payment Details

Please note: All Credit Card payments must be completed at Perfect Form Physiotherapy clinic at Level 9, 121 Walker Street North Sydney. All payments in AUD.

VISA

Name on card: _____

MASTERCARD

Card No.

AMEX

Expiry Date: ____ / ____

CCV:

Please Note: We will not be processing any payments until 24 hrs after the workshop is confirmed by email. Please see our cancellation policy for more information.

Cancellation Policy

I understand that any cancellations made will only be refunded the full \$90.00 if made 48 hours before the Workshop is due to commence. There will be NO REFUNDS if you cancel within 48 hours of the workshop.

I also agree to follow the minimum age restrictions for all workshops - understanding that these are enforced to provide the optimal learning opportunities to all students.

Should Perfect Form Physiotherapy for any reason void this contract by cancelling the workshop within 14 days of the workshop dates they are liable to refund me the total fees paid to them but are not responsible for any other costs incurred.

Full Name: _____

Date: ____ / ____ / ____

Signature: _____

Please Note: If student is under 16, this section must be signed by the parent or guardian.



Liability Release Form:

Due to the nature of movement workshop sessions it is imperative that you have read and agreed to the terms and conditions set out below.

I, _____ agree to the terms and conditions set out below by Perfect Form Physiotherapy.

TERMS & CONDITIONS

- I appreciate that with any movement based workshop sessions that there are some risks involved.
- I agree to give details of all related physical issues including illness and injuries to the workshop co-ordinator prior to the commencement of the workshop session/s that I will be attending.
- I accept responsibility for my own body and will inform the workshop co-ordinator if I am uncomfortable with any movement and/or practice within a workshop session.
- I assume full responsibility for any consequences of providing false information regarding any injury or illness.

I understand the terms and conditions above set out by Perfect Form Physiotherapy

Full Name: _____

Contact Number: _____

Date: _____

Signature: _____

If student is under 16, this section must be signed by the parent or guardian.