

# NEW ZEALAND SCHOOL OF DANCE

Kia kōrero te katoa  
o te tinana

## TOOLS FOR TEACHERS

with Turid Revfeim & Sarah Fitzsimons

ROYAL ACADEMY  
OF DANCE CPD  
COURSE



# A PRACTICAL, INTERACTIVE SEMINAR

NZSD is pleased to offer you *Tools for Teachers*, a seminar focusing on good teaching practice and the foundations of classical ballet technique. To be presented by two of New Zealand's foremost dance teachers: Sarah Fitzsimons and Turid Revfeim.

## WHAT YOU CAN EXPECT FROM THIS SEMINAR:

- Explore current teaching methodologies that are backed by thorough research and easily applicable across a broad range of ages and disciplines
- Learn how to integrate biomechanically sound movement patterns in your classes to help students develop excellent technique
- Discover specific methods Turid and Sarah use in class with their own students, along with simple strengthening and aligning exercises that you can apply to your teaching immediately
- A non syllabus-based seminar open to dance educators from all teaching backgrounds and affiliations.
- Detailed and practical
- All illustrated notes as well as a theraband included

## SPECIAL FOCUS:

- The importance of spinal mobility, posture and relaxed breathing
- Upper body strength to create beautiful ports de bras
- Lower leg alignment and turnout
- Finding effective plie's
- Exploring the importance of good tendus

## BOOKING INFORMATION:

**VENUE: Wellesley Studios, Auckland**

DATE: Sunday 27 June, 2021

TIME: 1.00 - 3.00pm & 3.15 - 5.15pm

COST: \$120 per person for both sessions

Auckland reservations:

[nzschooldance.ac.nz/toolsforteachers](https://nzschooldance.ac.nz/toolsforteachers)

**VENUE: Garden City Dance Academy, Christchurch**

DATE: Sunday 1 August, 2021

TIME: 09.30 - 11.30 am & 12.15 - 14.15pm

COST: \$120 per person for both sessions

Christchurch reservations:

[nzschooldance.ac.nz/chctoolsforteachers](https://nzschooldance.ac.nz/chctoolsforteachers)



## ABOUT TURID & SARAH

Turid & Sarah have more than 60 years collective experience as dance professionals and educators.

Sarah worked at NZSD for 20 years, where her teaching focused on integrating the principles of Pilates and Gyrotonic movement methodologies. She holds an Advanced Diploma in Classical Ballet Teaching from the Australian Ballet School.

In her role as ballet tutor here at NZSD and previously as ballet mistress with the RNZB, Turid has spent the last 22 years teaching, coaching and mentoring pre-professional and professional dancers. She has a Bachelor of Arts (Dance) from Queensland University of Technology

Their professional dance careers include dancing for companies such as the Royal New Zealand Ballet, the Royal Ballet Company, Theater der Stadt Koblenz, Bayreuther Festspiele, Darc Swan Dance Company and Opera Australia.

Turid and Sarah are delighted to have the opportunity to share their collective experience over the years with you, and sincerely hope that this will be the first of many such seminars.



Turid Revfeim. Photography by Stephen A'Court



Sarah Fitzsimons. Photography by Stephen A'Court



## ROYAL ACADEMY OF DANCE MEMBERS:

The Tools For Teachers seminar equates to 4 hours external time-valued CPD. [Click here](#) for CPD declaration information.

### COURSE OBJECTIVES

- Help dance teachers of all genres to feel more confident in their understanding correct biomechanics how this can be incorporated into dance technique classes.
- Provide a forum to discuss and acquire tools for helping students understand and demonstrate correct movement patterns.
- Analysis of various commonly used cues and ideas in dance practise that may hinder optimal movement patterns.
- Ensure teachers are confident to incorporate Pilates-based principles into dance technique classes for optimal performance and injury prevention.

### LEARNING OUTCOMES

- Foster a better understanding of how the alignment of the spine facilitates the correct function of the shoulder girdle in port de bras.
- Learn strengthening exercises that can be easily incorporated into class time that will enable students to feel the correct muscle recruitment for good technique.
- Develop their “eye” as a teacher to easily identify faulty technique and be able to correct this.
- Analysis of verbal cues that may hinder optimal performance and reduce mobility.
- Deepen understanding of where turnout is initiated and how to train it in dancers of all ages and skill base.
- Enable teachers to their students in injury prevention through correct posture, alignment, weight placement and correct landing technique for allegro.