

CLARE GUSS-WEST *tutor and author:*

## Furthering Dance Practice for Older Adults

- A two day workshop providing deepening practical and theoretical knowledge to develop a sustainable Dance Practice for Older Adults.
- For dance teachers and other dance, health and wellness practitioners interested in creating a scheme of work and progression adapted to Older Adult beginner dancers.
- **Berlin, 5. Mai (12 bis 18 Uhr) und 6. Mai 2018 (9.30 bis 17.30 Uhr)**  
Zu Gast beim Staatsballett Berlin, Deutsche Oper
- Informationen in deutscher Sprache unter [www.royalacademyofdance.de](http://www.royalacademyofdance.de)



**Time value:**  
16 hours

### Description

This workshop will provide deepening practical and theoretical knowledge to develop a sustainable dance practice for older adults covering areas such as:

- Creating a scheme of work and progression adapted to older adult beginner dancers.
- Psychological and physiological differences in the maturing adult and appropriate teaching strategy and contents.
- Coping with extreme differentiation and different specific pathologies.
- A direct mentoring, teaching and evaluation experience with visiting senior dancers.
- In conclusion essential benefits and arguments to extend a dance practice to interface effectively with public and private health care establishments.

Learning outcomes & Informationen in deutscher Sprache: [www.royalacademyofdance.de](http://www.royalacademyofdance.de)

### Content

- Introduction and specific theory related to teaching older adult learners.
- An holistic approach will be explored combining inclusion, differentiation and the powerful “Act as if...” principal as tools for adapted teaching.
- Practical tasks and exercises for developing adapted material for older adult learners, with focus on specific pathologies, extreme differentiation.
- Direct, supervised devising, teaching and evaluation experience with visiting senior dancers.
- Literature review and practical exploration of “Attentional Focus” research findings as they relate to older adult dance teaching.
- The most effective approach to promote enhanced learning and performance for any age and skills level.
- Group guided discussion to develop communication strategy and identify opportunities to establish a dance practice as preventative health measure.

Learning outcomes & Informationen in deutscher Sprache: [www.royalacademyofdance.de](http://www.royalacademyofdance.de)

### Clare Guss-West BHum. MA.

**Tutor**

Clare Guss-West has worked as a professional dancer. She is a choreographer, holistic practitioner and author, specialized in integrating holistic wellbeing and dance. She created the RAD's specialist teacher training for the “Dance for Life Long Well being” scheme and has taught her “holistic ballet” approach to training for the RAD's Professional Dancers' Postgraduate Teaching Certificate (Berlin), for the Finnish National Ballet, the Opéra de Paris and the L'École Supérieure de Danse Rosella Hightower Cannes (among many others). She regularly presents for the International Association of Dance Medicine & Science (IADMS) and is an advisor for the European Network for Opera & Dance Education RESEO. In March 2017 she presented her work at the *Dance and Creative Wellness Forum* at the premises of the Staatsballett Berlin. At the very same venue she will now introduce her course “Furthering Dance Practice for Older Adults”.

Royal Academy of Dance®  
**CLARE GUSS-WEST: Furthering Dance Practice for Older Adults**

**APPLICATION**

We can process applications sent in by fax, letter or e-mail attachment (PDF, JPEG, TIFF formats).

More info at [www.royalacademyofdance.de](http://www.royalacademyofdance.de)

**Personal details:**

Please, complete as appropriate

First name: \_\_\_\_\_

Family name: \_\_\_\_\_

RAD® membership  
number: \_\_\_\_\_

RAD® Faculty of Education  
student since (year): \_\_\_\_\_

Non RAD members – Postal address:  
(Street and no. / Post code and town): \_\_\_\_\_

Tel: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**I would like to attend  
FURTHERING DANCE PRACTICE FOR OLDER ADULTS  
Berlin, 5 & 6 May 2018:**

Please, tick or mark with a „X“

<input type="checkbox"/>	RAD member	€ 160,00
<input type="checkbox"/>	Non-member	€ 190,00
<input type="checkbox"/>	RAD Faculty of Education student	€ 130,00

Place, Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Terms and Conditions:**

Minimum age for participants: 16.

For this workshop, we accept binding applications only.

Refunds are restricted to withdrawals and non-participation for health reasons.

Refund claims must be accompanied by a doctor's certificate.

The refund is normally 50% of the paid or due fee.