

Shaping  
Bodies  
Shaping  
Minds

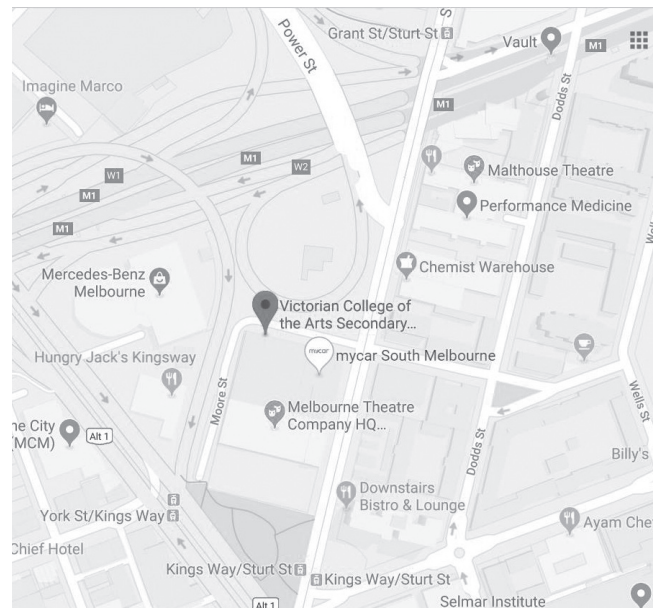


ROYAL ACADEMY OF  
**DANCE**

# VENUE INFO

## VICTORIAN COLLEGE OF THE ARTS SECONDARY SCHOOL

57 Miles Street,  
Southbank, Vic 3006  
Australia



Host Venue Partner

FRIDAY  
17 JAN

## OPENING COCKTAIL PARTY

**5.30pm – 8pm**  
Registration from 4.30pm

**The Malthouse Theatre**  
**Bagging Room**  
113 Sturt Street  
Southbank, VIC 3006

Click [here](#) for directions

**Guest Speakers**  
**David McAllister AM,**  
RAD Vice President and Artistic  
Director, The Australian Ballet

**Dr Michelle Groves,**  
Director of Education, RAD

**Gail McGeachy**  
DanceSurance

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# WELCOME

## SHAPING BODIES, SHAPING MINDS

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**18-19 JANUARY 2020**

Melbourne, Australia

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Bringing together national and international presenters, teachers and researchers, the Shaping Bodies, Shaping Minds programme provides an exciting opportunity for dance communities and practitioners to come together to discuss, debate and experience topics and issues relevant to today's dance training, education and performance environments.

The structure of the programmes allows attendees to personalise their conference experience by selecting from a range of presentations, discussion panels and practical workshops which align with their professional practices, interests and curiosities.

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We are absolutely delighted that David McAllister AM has agreed to commence proceedings with a Keynote Presentation which will undoubtedly set the tone for an inspiring and engaging two-day event not to be missed.

**Dr Michelle Groves**

Director of Education  
Royal Academy of Dance



# MEET THE

## CONFERENCE PROGRAMME COMMITTEE

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### **Committee Chair**

**Dr Michelle Groves**

Director of Education  
Royal Academy of Dance, UK

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### **Committee Member/ Conference Organiser**

**Shelley Yacopetti**

Education and Engagement  
Manager, Faculty of Education,  
Royal Academy of Dance, AU

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### **Committee Member**

**Dr Kathrina Farrugia-Kriel**

Head of Research  
Faculty of Education  
Royal Academy of Dance, UK

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### **Committee Member**

**Janet Karin OAM**

Freelance Researcher, Writer,  
AUS



## CONFERENCE PROGRAMME CHANGES

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Please note the published *Shaping Bodies, Shaping Minds* conference programme is subject to change. Delegates will be notified of any changes as soon as is practically possible.

# DAY I SATURDAY 18 JAN

## REGISTRATION

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**8.30 - 9.00**

Foyer

## WELCOME AND ACKNOWLEDGMENT OF COUNTRY

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**9.00 - 9.15**

Studio I

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Shelley Yacopetti  
Conference Organiser



## OPENING KEYNOTE ADDRESS

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**9.15 - 9.45**

Studio I

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Reflecting on his own dance training and the development of dance education throughout his 40 year career, David McAllister will also address broader observations on the impact of dance education on general community health and wellbeing.

David McAllister AM  
Artistic Director, The Australian  
Ballet and Vice President, RAD

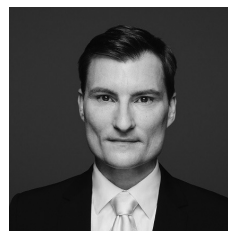


Photo by Justin Ridler





# DAY 1 SATURDAY 18 JAN

## PANEL 1 PEDAGOGICAL APPROACHES FOR PRACTITIONERS

**10.00 - 11.30**

Studio 1

On becoming a reflexive practitioner: the MIPA Model of Professional Identities of Dance Teachers  
[Dr Michelle Groves, UK](#)

Bringing The Outside In: An educational approach to teaching & learning in the traditional ballet class  
[Nicole Galea, Jayne Greentree-Fien, AUS](#)

Combining Pedagogies: Creating Smarter Dancers and Teachers.  
[Susannah LeMarquand, USA](#)

## PANEL 2 BALLET AS ENJOYMENT AND HEALING

**10.00 - 11.30**

Recital Room

The pleasure of challenging the ageing mind and body through ballet.  
[Dr Anja Ali-Haapala, AUS](#)

Effects of a 10-week Silver Swans ballet program on physical function in over 50s.  
[Dr Rachel Ward, AUS](#)

Tinker Tailor Soldier Dancer: The role of Dance in enhancing Quality of Life for Australian Combat Veterans with a history of trauma related psychological injuries.  
[Rick Maher, AUS](#)

## BREAK

**11.30 - 11.55**



PANEL 3  
BEYOND THE STUDIO

**12.00 - 1.30**

Studio I

Neuroscience and dance.  
[Rebecca Barnstaple, CAN](#)

**PRACTICAL/PANEL  
SESSION**

Taking Turns: through the  
mirror towards transformative  
dance experience.  
[Dr Jane Turner, UK](#)

PANEL 4  
CULTIVATING  
WELLNESS IN  
DANCE EDUCATION

**12.00 - 1.30**

Recital Room

Current best practice in dancer  
wellness in elite pre-professional  
dance schools and private  
dance studios in Australia  
[Julia Barry, AUS](#)

Psychological Skills in Ballet  
Training.  
[Carolyn Carattini, AUS](#)

More than dance: cultivating  
ballet behaviours and  
dispositions in RAD ballet  
classes.  
[Elena Lambrinos, AUS](#)

**PRACTICAL  
WORKSHOPS**

**12.00 - 12.45**

Dance Studio

Framing The Dancer.  
[Anne Butler, AUS/](#)  
[Narelle Forbes, AUS](#)

**12.45 - 2.30**

Dance Studio

A Practical Guide to Hip  
Training; from Release to  
Loading.  
[Sally Harrison, AUS](#)

**LUNCH**

**1.30 - 2.30**

VCASS Cafe Area

**DEMONSTRATION  
CLASS**

**2.30 - 4.00**

Studio I

[Gerard Charles](#)  
Artistic Director RAD, UK

**BREAK**

**4.00 - 4.15**

## PANEL 5 TEACHING PRACTICES

**4.15 - 5.45**

Studio I

A shift of perspective in the 21st century has enhanced pedagogical approaches to the teaching of classical ballet technique; changing bodies and minds.

[Diana de Vos](#), OAM, AUS

Developing precise and transferable movement in the RAD classroom.

[Elena Lambrinos](#), AUS

Moving, dancing, and the integrated body and mind.

[Janet Karin](#), OAM, AUS

## PANEL 6 DANCE THROUGH AN INTERNATIONAL LENS

**4.15 - 5.45**

Recital Room

An introduction to the organisation 'dance and the Child international' (daCi).

[Dr Jeff Meiners](#), AUS

A Dance Teacher? A Translator?  
How does a dance teacher 'translate' dance in a bilingual setting?

[Ziyao Zhang](#), CHN

## ROUNDTABLE DISCUSSION I

Dance Through an International Lens -

[Gerard Charles](#)

[Dr Jeff Meiners](#)

[Ziyao Zhang](#)

## PRACTICAL WORKSHOPS

**4.15 - 5.00**

Dance Studio

An Anatomist and a Ballet Teacher Walk Into a Barre.

[Catherine Yoshimura](#), USA/UK

**5.00 - 5.45**

Dance Studio

The impact of self-talk and speech on movement capacity.

[Bea Glendinning](#), AUS

## CLOSING REMARKS

**5.45 - 6.00**

Studio I

[Dr Michelle Groves](#)



# DAY 2 SUNDAY 19 JAN

## REGISTRATION

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**8.30 - 9.00**

All studios available for warm up

## PRACTICAL DEMONSTRATION

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**9.00 - 9.45**

Recital Room

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Curious feet learning steps.  
[Paula Baird-Colt, AUS](#)

## PRACTICAL WORKSHOP

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**9.00 - 9.45**

Dance Studio

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An Anatomist and a Ballet  
Teacher Walk Into a Barre.  
[Catherine Yoshimura, USA/UK](#)  
(Repeat)

## INDUSTRY INITIATIVES

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The Royal Ballet School's  
Inspire Seminars for Dance  
Teachers  
[Samantha Leeman, AUS](#)

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An overview of the Australian  
Society for Performing Arts  
Health (ASPAH),  
[Janet Karin OAM, AUS](#)

**PANEL 7**  
**THE BODY AS IDENTITY**

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**10.00 - 11.30**

Studio I

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Bella Figura: How the Ballerina's Body Changes the World.

Jill Brown, AUS

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"Being gay is less than perfect": Recognising queer failure and body objectification amongst self-identified homosexual male dancers

Hamish McIntosh, AUS

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Truth in Body, Dance Form and Technology.

Desiree Peralejo, PHL

**PANEL 8**  
**THE BODY AS INQUIRY**

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**10.00 - 11.30**

Recital Room

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A Pas de Deux with Memories: Dancing with the Camera.

Amelia Latham, AUS

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Bodily Thinking Through Repetition.

Ashlee Barton, AUS

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Practice as Caring and Caring as Practice: Dance as Epistemology.

Ebony Muller, AUS

**PRACTICAL**  
**DEMONSTRATIONS**

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**10.00 - 10.45**

Dance Studio

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Framing The Dancer.

Anne Butler, AUS/  
Narelle Forbes, AUS

(Repeat)

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**10.45 - 11.30**

Dance Studio

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Dance Nutrition: Enhancing performance, positive body image and life-long health for dancers.

Fumi Somehara, AUS/  
Shane Jeffrey, AUS

**BREAK**

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**11.30 - 11.55**

**PANEL 9**  
**DANCE IN THE**  
**COMMUNITY**

**12.00 - 1.30**

Studio 1

It's All About Community:  
Immigrants and Cultural Dance  
in Australia.

Jeanette Mollenhauer, AUS

**PRACTICAL/PANEL**  
**SESSION**

Ballet as relevant and  
important to all Australians.

Katy McKeown, AUS

**PANEL 10**  
**SHAPING BODIES**  
**THROUGH SCIENCE**

**12.00 - 1.30**

Recital Room

Biomechanics for Ballet:  
What can the data tell us?

Dr Rachel Ward, AUS

The use of ice in the dance  
studio: Where do you stand?

Debra Crookshanks, AUS

**ROUNDTABLE**  
**DISCUSSION 2**

Shaping Bodies through Science

Dr Rachel Ward,  
Debra Crookshanks,  
Paula Baird-Colt

**PRACTICAL**  
**WORKSHOPS**

**12.00 - 12.45**

Dance Studio

The Missing Link in Dance  
Training: Brain Integration.

Mariah-Jane Thies, CAN

**12.45 - 1.30**

Dance Studio

Postural training through  
balancing mind body  
communication.

Bea Glendinning, AUS

**LUNCH**

**1.30 - 2.30**

VCASS Cafe Area

PANEL 11  
**INCLUSIVE DANCE  
PRACTICES**

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**2.30 - 4.00**

Studio 1

**PRACTICAL/PANEL  
SESSION**

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AllPlay Dance: Exploring the  
benefits of dance for children  
of all abilities.

Dr Olivia Millard, AUS/  
Prof Nicole Rinehart, AUS

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**ROUNDTABLE  
DISCUSSION 3**

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Inclusive Dance Practices -  
Sharyn Constable  
Dr Olivia Millard  
Prof Nicole Rinehart

PANEL 12  
**CONTEMPORARY  
TRAINING; PRACTICE  
AS RESEARCH AND  
KNOWLEDGE**

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**2.30 - 4.00**

Recital Room

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An investigation into and  
comparison of current training  
methods within contemporary  
performance training in Higher  
Education.

Dr Rachel Sweeney, UK/AUS/  
Dr Saumya Liyanage, SRI

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Excavation Sites; building by  
digging.

Caitlin McAfee, USA

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On unstable ground/s:  
the relevé and the role of  
practice-as-research within the  
traditional dance academy.

Alice Weber, UK/AUS

**BREAK**

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**4.00 - 4.15**



PANEL 13  
**EMPOWERING  
STUDENTS TO THRIVE**

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**4.15 - 5.20**

Studio I

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Dancers, social media and anxiety.

[William Centurion, AUS](#)

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Raising Jungle Tigers:  
Empowering our students in  
the classical setting to thrive.  
[Philippa Ziegenhardt, AUS/](#)  
[Katrina Edwards, AUS/](#)  
[Simon Dow, AUS](#)

**PRACTICAL  
DEMONSTRATION**

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**4.15 - 5.00**

Recital Room

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A Practical Guide to Hip  
Training; from Release to  
Loading.

[Sally Harrison, AUS](#)  
(Repeat)

**PRACTICAL  
WORKSHOPS**

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**4.15 - 5.00**

Dance Studio

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The Missing Link in Dance  
Training: Brain Integration.

[Mariah-Jane Thies, CAN](#)  
(Repeat)

**CLOSING KEYNOTE**

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**5.20 - 5.45**

Studio I

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[Dr Michelle Groves](#)

# MARKET PLACE

SHOP, NETWORK AND  
MINGLE

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8.30 - 4.30 daily

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