

Rebecca Dalby MSc

DANCE SCIENCE CONSULTANT

"The unison of these two disciplines enables the comprehensive training of dancers and dance teachers alike. Understanding the synthesis and complementarity between dance and fitness accelerates and enhances a dancer's acquisition of technique and movement quality."

As an MSc Graduate in Dance Science, I work with a number of individuals, dance schools and professional companies including *Kickers Dance Studios* and *Levantes Dance Theatre*, to help them reach their full potential.

My experience includes work on many different projects, the development of published scientific studies and screenings based on the psychological, biomechanical, somatic and physiological fields in dance and fitness.



What's on offer?

Various methods of physical testing, fitness training and health consultation are employed. These are applied to a number of areas such as; nutrition, health, preparing dancers for performance (physically and psychologically), injury prevention, improving technique and movement quality.

All programmes are tailor made to meet your specific needs and interests.

Contact Rebecca...

With an accelerating global interest in dance fitness, health and science, be ahead of the rest and contact me to ask how I can help and guide you. Whether you are an individual dancer, or part of a dance school or professional company, I will be able to offer advice and support!

To find out more, contact Rebecca on 07961 003425.
or e-mail her at: info@rebeccadalby.co.uk

Qualifications

MSc Dance Science (Laban), BA JH Dance and Sport (2:1), Body Balance (BTS), Step (YMCA), E.T.M. (YMCA), Spinning instructor, Core stability, Swimming teacher (ASA).

Links...

KICKERS DANCE STUDIOS | REGISTER OF EXERCISE PROFESSIONALS - www.exerciseregister.co.uk
DANCE UK - www.danceuk.org | W10 PERSONAL TRAINING STUDIO - www.myfitnessstudio.co.uk
IADMS - www.dancemedicine.org | INTERNATIONAL DANCE COUNCIL - www.cid-unesco.org
LABAN - www.laban.org | LEVANTES DANCE THEATRE - www.levantesdancetheatre.org