

Items Needed for Classes: All Students will need to bring a Yoga Mat, Exercise Bands, ankle weights, yoga block, & 2 & 5lb or 5 & 10lb weights with them to class.

DANCE MAT

A Dance Mat Technique & Conditioning class is a focused, floor-based training session designed to help dancers understand *how* their bodies work — not just how to perform choreography.

In this class, dancers break down common dance movements on the mat to identify which muscles should be activating, which ones often overcompensate, and how proper alignment creates both power and injury prevention. Rather than simply repeating steps, dancers learn the mechanics behind them.

What Dancers Learn

Muscle Activation Awareness

Students explore which muscle groups drive specific movements — for example:

- Deep core engagement for stability in turns and balances
- Glute activation for jumps, extensions, and hip stability
- Hamstring and inner thigh control for controlled leg lifts
- Scapular and upper-back strength for arm lines and port de bras

Through slow, intentional exercises, dancers learn to “turn on” the correct muscles while releasing unnecessary tension.

Strength & Conditioning for Dancers

Using controlled mat exercises inspired by dance science and conditioning methods similar to principles found in Pilates, dancers build:

- Core stability
- Hip and ankle strength
- Turnout support
- Flexibility with control
- Muscular endurance

The focus is on strength that directly transfers to technique — not bulk, but functional control.

Injury Prevention & Safe Execution

Dancers analyze common technique challenges such as:

- Overarching the lower back in arabesque
- Rolling in on the ankles during jumps
- Forcing turnout from the knees instead of the hips
- Gripping hip flexors during leg lifts

By understanding biomechanics, students learn how to execute movements efficiently and safely, reducing strain on knees, hips, ankles, and lower back.

Class Atmosphere

The pace is deliberate and educational. Dancers are encouraged to ask questions, feel subtle muscle engagement, and develop body awareness. This class is ideal for dancers who want to:

- Improve technical precision
- Increase strength and control
- Recover from or prevent injury
- Deepen their understanding of dance mechanics

Ultimately, Dance Mat Technique builds smarter dancers — artists who move with strength, awareness, and longevity.