



PERFORMANCE
MEDICINE



Be Well

TEACHER SANCTUARY

9:15 am Be Well Teacher Sanctuary Opens

Come and enjoy the Release, Recovery and Reactivation stations, Massage and Morning Tea courtesy of Performance Medicine

Chat and work alongside Performance Medicine practitioners to find your personal breakthrough, and discuss student needs and concerns

Plus, enjoy these informative sessions:

9:30am - 10:00am Warm Up Strategies with Performance Medicine

10:30am Delicious morning tea provided, courtesy of Performance Medicine

11:30am - 12:30am Fumi Somehara

Becoming a Supportive Teacher: How to help your dancers grow with nourishment and self-care

1:30pm - 3:30pm Zac Jones Heal Yourself + Move exclusive

Teacher 2 Student: Breakthrough Transmission Workshop

How to resolve resistance and transform technique

Bring along a student to work with in this hands on practical class. Whether it's improving range in turnout, getting that last bit of flexibility to help them achieve the splits or hold their form in a jump, Zac will cover injury prevention, mobility, strength and technique.

* Subject to change

**ACCESS IS COMPLIMENTARY WITH YOUR VITALITY TEACHER PASS,
OR PURCHASE A BE WELL PASS AT**

VDF.com/bewell

schedule



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