

FITTO DANCE



Introduction

Dance Science

Dance Science is an emerging field that explores the relationship between the art of dance and the science behind human movement, performance, and well-being. It enhances dancers' training and lifestyle while exploring how dance benefits diverse groups, such as children, older adults, and those with specific needs.

Our academic journey in Dance Science provided us with a strong foundation in both theory and practice. Rooted in principles from sport science, we gained expertise in evidence-based training methods, injury prevention, and age-appropriate practices. Our studies combined theory and practice to support dancers' health, performance, and longevity. We explored topics ranging from injury prevention and performance optimisation to the impact of dance on quality of life for different populations.

Our Motivation

This workshop reflects our shared passion for making dance science more accessible. We aim to translate research into interactive theoretical and practical meeting that enrich dancers' practice and experience in meaningful ways.

Context

Did you know that a well-managed fitness level can reduce the risk of injury and ensure also optimal recovery during rehabilitation. The workshop FIT TO DANCE explores how fitness training and periodisation can help professional dancing from all kinds of backgrounds and styles to improve their dance artistry and stay healthy. Participants will learn how simple theories, concepts and exercises can boost strength, flexibility, and endurance while reducing their risk of injury. Joelle Dumas and Emeric Rabot's workshop combines an **easy-to-understand theory and a practical approach** to the science behind it to help you dance and feel better.

Content of the workshop :

- Definition of optimal physical condition
- Fitness training and Injury prevention explanation
- Practical exercises of warm up, strength & conditioning, adapted to dancers needs
- Interactive lecture with information content, work in groups, debate and Q&A

Price : CHF150/hour

Mediators



Joëlle Dumas

Swiss dancer, choreographer and dance scientist trained at the Scuola Teatro Dimitri, Tanzverkstatt/Konstanz and UniBe, Joëlle has been teaching dance-theatre for 25 years in her danse school and is actively involved in mediation in Switzerland, among other things with Médiation Danse CH and the national project Reso Danse & École.

In 2019, she set up the collectif PERSONA GRATA, which brings together artists from a wide range of backgrounds for choreographic co-creation projects and mediation events.



Emeric Rabot

French multidisciplinary dancer trained at P.A.R.T.S. in Belgium, Emeric has collaborated with various choreographers in Belgium and Switzerland. He regularly teaches for companies and dance institutions in Switzerland and abroad. His workshop FULL focuses on expressivity, fitness and floor work in various theatre and dance institutions.

He is the founder of Danse Sans Frontières, a platform promoting art, social and science transcontinental projects. He supervises the socio-artistic project Bewegungsraum Kulturen, which for the past three years has been offering intergenerational dance sessions at Zurich's federal asylum center. He teaches dance for health in Berne and Zurich, with the aim of making dance accessible to all. Emeric holds an MAS in Dance Science from the University of Berne and focuses his research on disciplines that improve performance and well-being, such as breathwork.

Contacts



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