



The Dance Studio Program™

*A Journey of Transformation
Living with Ease, Joy, and Grace*

The Dance Studio Program awakens the dance studio life on all levels. This program is dedicated to provide simple and efficient tools to live an optimal life. We invite you to start living a lifetime in wellness.

Do you know the skills it takes to live your onstage dreams?

Do you know how your body runs optimally and functionally? Do you know the fuel your body needs mentally, physically, emotionally, and spiritually? Do you have the confidence within yourself to create the life you desire? Do you know how to calm your nervous system? Do you know how to maximize your brain?

Do you have mental and physical strength and endurance? Do you know your process before and after on stage performance? Do you know how to pick up choreography and retain it? Do you have a personal vision?

Do you have a company vision?

If you answered "NO" to most of these questions, this program is for your studio!

This Program

- For **dancers, dance teachers, and/or dance parents**
- Explores and expands each of the **topics** below
- Created to fit your **individual and company needs**
- **6-12 month** programs available
- **Online/in person classes**

Unique Features

- Unlimited access to a **certified life performance coach, professional dancer, and dance educator**
- Unlimited access to current and cutting edge **educational resources**
- **Strengths Assessment**
- A **7 step visioning** process
- Quick and efficient **daily tools and exercises** that can be applied immediately
- A **pdf worksheet, video, and review** with every class
- **Audio recordings** of all classes
- An **online forum** to ask questions and share
- A **virtual assistant** in each class
- **Special rate one on one sessions**

Class Topics

Team Building • Communication Skills • Competition Skills • Behavior Skills • Convention Skills • On Stage Performance Skills • Classroom Skills • Audition Skills • Brain and Nervous System • Energy • Confidence Boosters • How to Pick Up and Retain Choreography • Somatic Movement • Body Placement and Alignment • Strengths Assessment • Affirmations • The Fuel Your Body Needs • Accountability • Empowerment • Balance • Anxiety Busters • Ways to Enhance Performance • Dance Injuries • Mindfulness Techniques • Vision

"The Dance Studio Program has been a great experience for my staff, students and parents. This dynamic approach to coaching has provided tools for each of us to experience personal transformation, live our best lives and honor what is most important to us. The most amazing part is that as we are expanding as individuals, we are becoming a stronger team in the process." - Annie Callaway, Co-Owner Excel Performing Arts

For more information:

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