

Teaching Philosophy

The reason that I teach dance is simple, I want to spread my love for dance with as many people possible. To me dance is not just a mere pastime, or hobby, but a way of life. Since the beginning of my dance training I have felt the enormous impact the presence of dance has had on several aspects of my life. Dance instills in me discipline, strength, a healthy work ethic, and self-motivation. Furthermore, it helps me discover the beauty of the human body, complex relationships within art, music, and nature, and the exhilaration of dancing through barriers; whether they are physical, mental, or emotional. It has sculpted my life in an extraordinary manner, and I cannot imagine any other way of conveying this utter need for dance in my life then teaching and performing.

I teach several styles of dance classes including: ballet, modern, jazz, hip hop, aerial, and tap. First, and foremost I believe that ballet is the foundation for all forms of dance. It is an essential element to creating a successful dancer. It provides an in-depth explanation for the mechanics of the body in motion in a logical progression while introducing movement that is challenging, enjoyable, and aesthetically pleasing. With the fundamental knowledge of ballet, a dancer can begin to explore other styles more safely and efficiently because ballet has already instilled the principles of movement within the dancer.

In the classroom, I encourage a safe, healthy, and supportive environment emphasizing the importance of individuality within each dancer. My ballet class is based upon the Cecchetti, Vaganova, and R.A.D techniques; ensuring the dancers understand the breadth of various techniques and are able to make the distinction among them. Emphasis is also placed on the distinction of musical meters as well as the importance of musicality. Classes consist of exercises at the barre and center as well as sequences across the floor progressing to more stylistic phrases enabling the dancers to express their individuality. My main focus in class is not only that the dancers are learning the proper technique and enjoying themselves, but also that they are developing extensive body awareness. Body awareness for each individual dancer I find is crucial. A dancer must understand how his or her own body functions and adapts to movement in order to execute the technique effectively and safely.

My goal as a teacher is to create unique, creative dancers who are well-educated in the techniques of various forms of dance as well as the history and physiology of dance. In order, to effectively grow and advance as a dancer one must understand the physics of movement, and appreciate dance's historic past. Above all I aspire to create dancers who truly love to dance. For to teach and observe a dancer who is completely fulfilled body, mind, and soul while dancing is an amazing opportunity.