

# MEMBERS DAY 2024

## RAD Members' Day 2024: London, Sunday 21 April 2024

Read more about the various sessions being held on Member's Day, and get to know the speakers. For further information, please visit the [Member's Area](#). See our full schedule of events [here](#).

### Opening Remarks & Keynote by RAD CEO Tim Arthur

Join RAD's CEO Tim Arthur as we kickstart the RAD Members' Day 2024. Tim sets the stage for an engaging day which promises insights, inspiration, and an exciting look ahead at the future of art form.

### Annual General Meeting

Our 87th Annual General Meeting is your chance to vote for our next Trustees, and you can ask questions to the RAD's Executive team, including RAD's CEO, Tim Arthur and Chair of the Board of Trustees, Stephen Moss. Only Eligible Members (Teachers, RAD Member Plus, and Life Members) can participate in this session.

### Navigating stress with mindfulness, movement, and stillness – a yoga & embodied movement workshop



This immersive workshop led by Poppy Barnes will draw on principals of embodied movement and yoga, focusing on how the body and mind can work in harmony to relieve stress. Through practical exercises and thoughtful discussions, we will explore how mindfulness, movement and stillness can help us navigate the stresses that come with a career in dance and modern lifestyle.

### Rambert Grades taster

Rambert Grades, a pioneering contemporary dance syllabus born from the partnership between two of the world's leading contemporary dance organisations, Rambert Company and Rambert School.

Following the successful global expansion of it's partnership with RAD, Rambert Grades Is pleased to offer this bespoke workshop for RAD, members who will have the opportunity to take part and explore some of the elements that make up the Rambert Grades syllabus, delving into the movement physically to allow the body to experience the syllabi and the ethos of the training model. This will then be followed by a Q&A session hosted by a member of the Rambert Grades Team.

### Embodying tradition: Character dance workshop



An integral part of the classical ballet repertoire, in this workshop with Justine Berry, you'll explore the stylised movements that bring character dance to life.

### The power of language: cultivating safe spaces in dance education



An engaging and thought-provoking discussion exploring how language choices can foster safe, inclusive, and empowering spaces for dancers of all backgrounds and abilities.

Chair of Panel: Dr Michelle Groves, Director of Education, Faculty of Education, Royal Academy of Dance



Panel members:

Erin Sanchez, Manager of Health, Wellbeing and Performance, One Dance UK

Emily Koschyk, Dance Teacher and Royal Academy of Dance Examiner



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## Teaching Silver Swans - mastering the barre with older learners + empowering older learners in centre work



Join us for two enriching workshops designed for teachers who are passionate about teaching Silver Swans, RAD's initiative for older learners. Delve into the nuances of mastering barre exercises, and discover how to empower older dancers in their centre work, fostering their strength and artistic expression.

## A pointe in time: demonstration extracts of Grade 1 syllabi from 1923

Join us for a showcase exploring the foundational movements, techniques and theoretical aspects, illustrating the evolution of ballet pedagogy and examination format and highlighting the foundational elements that have evolved over the past century.

## Mastering Musicality



In this workshop, Lynn Wallis and Jonathan Still explore musicality in dance: what is it, how can you develop it, and why is it important? A mixture of discussion and practical examples will provide talking points and ideas for teaching. This session celebrates the introduction of the new musicality award at The Fonteyn competition.



## Empowering movement, reducing risk of injury



Join us for an insightful panel discussion on empowering dancers through effective injury prevention strategies and sustainable dance practices. Our expert panelists will delve into practical tools and innovative approaches to safeguard dancers against injuries while promoting optimal performance and longevity. The session will also include a demonstration of a motion capture suit to show how it is used for testing for balance and foot position in the relevé.



Panel members:

Dr. James Brouner BSc (Hons), MSc, PhD, SFHEA, Course Leader and Senior Lecturer within the School of Life Science, Pharmacy and Chemistry at Kingston University  
Teal Darkenwald, Associate Professor, East Carolina University

## Teaching Silver Swans - with a focus on seated work



Embark on an exploration of ballet in this specialised workshop led by Sarah Platt, focusing on seated movement and exercises aimed at older learners.

## Showcasing the RAD Brand and marketing toolkit



Join colleagues from RAD Marketing & Communications, for a whistlestop tour of the revitalized RAD brand, and learn about the promotional tools and resources available as part of your RAD membership.

This insightful presentation showcases the refreshed RAD brand and identity. It will also highlight the practical tools designed to support and empower our members to develop and elevate their businesses.

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# MEMBERS DAY 2024

## **Unveiling the magic: Exploring Alice in VR Wonderland with Jasmin Vardimon Company**

Step into the enchanting realm of virtual reality. This Q&A session promises to be an insightful exploration into the innovative fusion of dance theatre and virtual reality technology. Discover how the company brings the unexpected, fantastical, and fearless world of Alice to life and reaches new audiences in a multi-sensory virtual reality experience like no other.

In Conversation: Dennie Wilson, Lecturer in Teacher Education, Professional Dancers' Programme Manager (Royal Academy of Dance) and Megan Saunders, Head of Creative Learning (Jasmin Vardimon Company)

## **Rhythm & movement: Latin dance masterclass with Strictly star Karen Hauer followed by Q&A**



We are excited to announce that Strictly star Karen Hauer, will be joining us for the RAD Members' Day on Sunday 21 April 2024. Karen is a Latin dance specialist and World Mambo Champion and she'll be delivering a taster in body rhythms and Latin choreography followed by a Q&A.

## **Special performance by English National Ballet School**

Join us for a special performance by English National Ballet School in the Aud Jebsen Studio Theatre.

## **Closing Remarks by RAD CEO Tim Arthur**

As the RAD's Members' Day 2024 draws to a close, join us for this final session featuring closing remarks delivered by RAD's CEO Tim Arthur, rounding up highlights and insights from the day, and sharing final thoughts on his vision for the future.

## **RAD Awards**

Join us for a ceremony of celebration and recognition as we gather for the RAD Awards ceremony. This special event is dedicated to honouring individuals who have made significant and sustained contributions to dance.

## **PLUS**

### **Opportunities throughout the day to experience Alice in VR Wonderland**

Provided by Jasmin Vardimon Company, step into the enchanting realm of virtual reality with their short Alice in VR Wonderland experience.

### **Network with male dance artist Nadezhda Lisak**

Nadezhda Lisak, Academician of the South West Academy of Fine and Applied Arts, is a professional portrait artist specialising in paintings of male ballet dancers. She has had paintings accepted for exhibition at the Royal West of England Academy, the Royal Birmingham Society of Artists and the South West Academy. Nadezhda's mission through her paintings:

To see more visual imagery of male ballet dancers on the walls of all dance institutions everywhere.

To inspire boys from all cultural backgrounds

To celebrate all male ballet dancers as positive role models for boys.

To increase societal awareness that ballet is a relevant career choice for a man.

<https://nadezhda-portraitartist.com/artists-statement/>

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