

## CNADE Conference Agenda – Hamilton 2018

### Sunday, November 4, 2018

9:00 am to 9:30 am

Registration & Reception

*\* Please note that doors will not open until 9:00 am.*

### Morning Session

9:30 am to 10:15 am

Welcome & Introduction – Online Connections

10:15 am – 10:45 am

**Guest Speaker: Avinash Singh** PT - Owner Hamilton Physio & Rehab  
Dance Injury Prevention & Recovery

10:45 am – 11:15 am

**Guest Speaker: Mark Kronwald** FRCms OCT  
Functional Range Conditioning/Movement Exploration

11:15 am – 12:00 pm

Floor Barre – Using imagery to achieve results.

12:00 pm – 12:45 pm

**LUNCH** – Included.

### Afternoon Session

12:45 pm – 1:30 pm

The Creative Process – Teaching more than just moves...

1:30 pm – 1:45 pm

Improv Exercise - Incorporating creation into class time.

1:45 pm – 2:15 pm

The Dancer's Tool Box - The "Theraband"

2:15 pm – 2:30 pm

Dance Resources – We can help! – Sharing best practises.

2:30 pm – 3:00 pm

Closing Remarks & Social Media Match-up

### Please Bring the Following Items:

- **A yoga mat**
- **Wear comfortable clothing that you can move in.**
- **Only sock/bare feet or dance shoes permitted in the studio.**

**Location:** Canada's National Academy of Dance Education, 2<sup>nd</sup> Floor Unit  
- 2481 Upper James St. Mount Hope (Hamilton) L0R 1W0