

Sylvia De Rosa | dance instructor  
www.sylvia-de-rosa.de

# DANCE PROGRAM



Experimenting and improvising with movement

## DANCE THEATER | FREE DANCE

In the class of dance theater and free dance each dancer has the opportunity to find and develop his or her own language and choreography of dance.

The participants can fully express their creativity in motion.

## CORPOREAL AWARENESS AND CORPOREAL TRAINING

For all those who enjoy dancing, moving, and performing arts. Gain a new understanding of your body through dance and play by combining body action, different physical exercises, and active games.

This class contributes to the development of a healthy body and posture and to the skill of improvisation. And last but not least, dancing is also great fun!

## VITAL GYMNASTIC

We vary between abdomen exercises to strengthen and tighten the muscles and back exercises to mobilise, strengthen, and stretch the muscles. These exercises lead to better corporeal awareness and heightened well-being.



Move and learn how to feel





Move and learn to express yourself

## PHYSICAL THEATER

Daily situations are translated into active games with impetus, fun, and music. We improvise moving pictures or dance through an obstacle parcours.

The physical theater class offers each dancer the opportunity to find and develop his or her own language and choreography of motion. The participants can fully express their creativity in motion.

The class advocates:

- creativity
- forming of identity
- social skills
- cognition
- expressiveness

## DANCE AND MOTION FOR CHILDREN AND TEENS

The combination of dance theater, physical theater and free dance offers teens and children the opportunity to find and develop their own language and choreography of motion and dance. The participants can fully express their creativity in motion.



Foto: Leah Fromme

## HIP HOP

The hip hop dance integrates elements of street dance, jazz dance, and afro dance into choreographies suitable for the stage. Hip hop is more than just a „cool trend“. With this dance style the dancer can train his or her skill of coordination and sense of rhythm. Above all hip hop dance is a constant challenge to the creativity of the dancer.

The participants of this workshop gain the skills necessary to develop their own choreographies. The elements of the workshop are choreography, training of techniques, and free elaboration of individual moving sequences. Participants improve cognition and expressiveness.

## **PREVENTION AND HEALTH**

### **PRIVATE LESSONS AND GROUP CLASSES FOR PREVENTION**

Holding a major in sports science (dance and choreography) and being also an instructor for dance therapy, Sylvia offers the following classes and private lessons for all ages:

- Pelvic floor muscle training
- Back training

Inquire about classes for small groups (e.g. families) with Sylvia. Additional classes are available on request.

### **PELVIC FLOOR MUSCLE TRAINING**

Dynamic pelvic floor muscle training for preventive purposes

Holistic training of the pelvic floor muscles using gymnastics and cardiac exercises.

A strong and healthy pelvic floor supports all inner organs. Strengthening and training the pelvic floor helps to gain a positive corporeal awareness and better posture and has a positive influence on your sex life. A healthy pelvic floor serves as a power node for the whole body.

### **BACK TRAINING: TRAINING AND PREVENTION**

Holistic concept focused on motion

Back training: Self-motivation, behavioral training, adaptation of attitudes and behavior, self awareness. Find the knowledge of how to reduce risks and indispositions. Learn to feel your body, improve your well-being and gain pleasure in motion.

Back training: Intense strengthening of all muscles of neck, torso, lower back, abdomen, pelvis, legs and shoulders. Special training to improve posture and movements. Increasing achievement potential by exercises of flexibility, endurance, strength, stretching, coordination, and relaxation. Heightening of corporeal awareness.

## ABOUT SYLVIA



Sylvia offers lessons for children, teens, and adults: dance and physical theater, free dance, corporeal awareness, corporeal training, and hip hop. She is an instructor for dance therapy and teaches vital gymnastic, self-defense, fitness boxing, stretching, pelvic floor muscle training, back training, and swimming. She also offers childcare, entertainment programs for children, and sports massage.

March 2001 – December 2005

Diploma (MA) in Sports Science, Deutsche Sporthochschule Köln (Cologne)  
Dance and culture of motion; basic dance and physical theater

October 2003 – December 2005

Education as dance instructor, Deutsche Sporthochschule Köln (Cologne)  
(Certified Dance Instructor), German Dance Association / Deutscher  
Bundesverband Tanz e.V.

December 2002 – November 2005

Education as instructor for dance therapy, German Association for Dance  
Therapy / Deutsche Gesellschaft für Tanztherapie e.V., Köln

## AUTHENTICATION

Certifications for Pelvic Floor Muscle Training, Back Training/ Rückenschule as  
Prevention according to §20 SGB V.

## WORK EXPERIENCE

Since March 2001 freelance dancer/ choreographer/ teacher/ trainer, Cologne

Director of dance company Gigno; choreography; member in dance  
performances; Walk Acts; performances at parties, events, conventions,  
children's camps, on TV.

God bless you

Sylvia De Rosa

Diplomsportwissenschaftlerin | Major in Sports Science

Motion for Body and Soul

Web: [www.sylvia-de-rosa.de](http://www.sylvia-de-rosa.de)

