



Rosina Andrews

## Teachers Intensive

Two day dance teaching development course  
To reboot, evolve and inspire .

29th and 30th August 2020

Hosted at The Myra Tiffin Performing Arts School, Milton Keynes.

[www.rosinaandrews.co.uk/teachers-portal](http://www.rosinaandrews.co.uk/teachers-portal)

# Rosina Andrews

## Collaborative Teacher

### Development Course 2020

#### About

Passionate about developing how dance is taught, aligning the UK dance scene with that of America and sharing the most optimum and safe forms of training; Rosina Andrews will be offering a developmental course for teachers this summer.

The Rosina Andrews Method is a teaching method that can be applied to all forms of dance and used alongside any syllabus. Using her 'Five Formulas to develop your teaching', Rosina and her team aim to inspire, empower and reboot your teaching practice with two days of motivating masterclasses and lectures.

Rosina's techniques are recognised worldwide and influenced by her time living in NYC, Rosina's work is fresh, current and unique. She has an infectious personality that drives and inspires all dancers, teachers and creative's that she works with.

Rosina is excited to be bringing together like minded teachers to elevate each other and follows the mantra 'Whilst knowledge is power, collaboration is key.'

#### Course Curriculum

The course will run from 9.30am-5pm with a 45 minute lunch break.

Over the two day course there will be selection of classes and discussions for teachers to participate in. For those of you that want to actively join in with the classes in whatever capacity that is greatly welcomed and for those of you that would prefer to take notes Rosina and the team will be using a selection of different age and standard students to demonstrate.

The final schedule will be confirmed nearer the date but the curriculum will include;

- The Five Formulas to improve your teaching – Rosina Andrews Method
- Pirouette and Leap Surgery® - Rosina Andrews
- Safe Stretch and Strength - Samuel Downing
  - Conditioning principles – Pilates, Micromuscle and Plyometric Training
- Body Strategies - Samuel Downing is the UK's only qualified BS Instructor
- Artist Development - how to get better performance quality from your dancers - Audur Snoradottir
- Running your passion like a business - Sarah Gittins of The Dance Den
- Rebooting your creativity, choreography and class plans
- Working with Minis - 5-8 year old focus
- Developing Modern, Jazz and Contemporary styles with Rosina Andrews Method
  - Improvisation
  - Floor Work and Tricks
  - Style diversity
- Dance Teacher Mental Health

*There will also be a teachers cocktail social and students who will be demonstrating.*

### **Application**

Attendants should be 18+

Proof of qualifications is not required for this course. Passion and the motivation to attend such course is adequate proof of your craft, however passion does not cover you in an injury court so all attendees must hold a public liability insurance.

## **Location**

The teachers intensive will be based at the studios of the Myra Tiffin Performing Arts School in Stony Stratford, Milton Keynes. These studios are purpose built with sprung floors, mirrors, gymnastics equipment and rigged for Aerial Silks. Milton Keynes is a city, around 35mins by train, north of London.

MTPAS [www.mtpas.co.uk](http://www.mtpas.co.uk)

1 High Street, Stony Stratford, Milton Keynes, MK11 1AE

Free Parking : Hawkins Close Car Park, and surrounding roads.

## **Accommodation**

There are a selection of hotels in walking distance to the studio.

The Cock Hotel, Stony Stratford <https://www.oldenglishinns.co.uk/our-locations/the-cock-hotel-stony-stratford>

The Bull Hotel, Stony Stratford <http://www.thebullhotelandvaultsbar.co.uk>

The Old George, Stony Stratford <http://www.theoldgeorge.com>

The Different Drummer, Stony Stratford <http://www.hoteldifferentdrummer.co.uk>

Travelodge Old Stratford - [https://www.travelodge.co.uk/hotels/59/Milton-Keynes-Old-Stratford- hotel?](https://www.travelodge.co.uk/hotels/59/Milton-Keynes-Old-Stratford-hotel?WT.tsrc=GHA_Organic&utm_campaign=GHA_Milton%20Keynes%20Old%20Stratford&utm_medium=GHA_Organic&utm_source=google)

WT.tsrc=GHA\_Organic&utm\_campaign=GHA\_Milton Keynes Old

Stratford&utm\_medium=GHA\_Organic&utm\_source=google

There are also hundreds of hotels in Central Milton Keynes and other surrounding towns.

## **Payment**

The two-day developmental course is £300.00

We have a deal available for teachers to bring a second teacher or assistant for 50% off.

(including all sessions and masterclasses, handouts,, continued support and quarterly teacher developmental information sheets and discount on Rosina Andrews touring workshops)

Payment can be made in full or in 3 instalments of £100, (1st upon booking, 2nd : May 1st, 3rd: July 1st)

(The first instalment or £100 of the full payment will be held as a non-refundable deposit)

Optional surcharges;

-The two-day developmental course + copy of Pirouette Surgery® Teachers Kit = £330(Saving of £20.)

- The two-day developmental course + copy of Leap Surgery® Teachers Kit = £330 Saving of £20.)

-The two-day developmental course + both ® Teachers Kits = £360

(saving of £40)

Booking and payment can be made securely on Rosina Andrews Online Store.

**Extra information**

Further information can be obtained by emailing [rosinaandrews@me.com](mailto:rosinaandrews@me.com) or calling +44 (0) 7712816666