

**DanceAbility Teacher Certification 2023 presented by Alito Alessi (founder of DanceAbility) and Connie Vanadarkis (Master DanceAbility Teacher) in the frame of ImPulsTanz – Vienna International Dance Festival**

**DanceAbility Teacher Certification Schedule and Curriculum**

The 2023 DanceAbility Teacher Certification begins on Sunday, 2 July 2023 with a short orientation meeting at 17:00. Class will then be held Monday through Friday from 10:00 to 17:30 with an hour and a half lunch break, with the final day being Friday, 28 July. Occasional evening meetings will be set at the beginning of the course. A manual detailing the methods and over 150 exercises will be provided in English and some other languages. This curriculum is subject to change.

**WEEK ONE** – Introduction

Students learn how to identify the physical possibilities and “common denominators” of each new group they will work with to ensure no one is isolated. They learn how to lead the core set of DanceAbility exercises, which can be done no matter how diverse the group. These core exercises introduce the students to basic considerations for communicating, relating and shaping dances through improvised movement.

**WEEK TWO** – Integrating Contact Improvisation and Physicality

Physical skills are explored such as rolling, using momentum, providing structures to take weight, learning how to lean and give weight, counterbalancing, relaxing and physical body work care. Students continue deepening their understanding of non-isolation and movement communication through structured improvisations and discussion.

**WEEK THREE** – Class-Planning, Teaching and “Variations on the Theme”

Student-teachers learn how to build DanceAbility lesson plans and teaching styles depending on participants and specific characteristics. They learn exercises most appropriate for people with visual impairments (blind, etc.), hearing impairments (deaf, etc.), Intellectual disabilities and all combinations. Student-teachers learn how to choose appropriate material for different kinds of classes and what length of workshop is appropriate depending on goals and participants. The general public is invited to two days of open classes, which student-teachers design and team-teach. Course leader Alito Alessi and Connie Vandarakis will give feedback on students’ class plans before they teach. Afterward, they receive feedback from their fellow students and Alito and Connie.

**WEEK FOUR** – Artistic Collaboration and Integrating the Material

Student-teachers learn how to teach, evaluate and give feedback on choreography and on shaping performance pieces. Student-teachers also learn how to empower their students by facilitating small groups to collaboratively create their own performance pieces. DanceAbility for children is taught and general professional development guidelines discussed,

A site-specific Street Performance Parade or Performance Demonstration event will be prepared to show the general public at the end of the course.