

September 29 - October 20, 2023

## Performance Coaching for Dancers: Dancing with Performance Anxiety VIRTUAL & IN PERSON OPTIONS

Company: Rebecca Brown  
Location: Brooklyn, NY

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# Integrate Mind & Body For Your Optimal Performance

ALL DANCE STYLES AND LEVELS WELCOME

Mind and body are connected, yet most dance training solely focuses on the physical. And when we do consider the mind, we say general things like "get out of your head", "don't think too much", "just focus", or something that may sound good, but, how helpful is that? What if you knew EXACTLY how to do all of that in a way that ACTUALLY resulted in your IDEAL performance? Dancers learn about the elements related to what we call "stage fright" or performance anxiety and examine their own unique performance challenges on stage. In this guided exploratory process, dancers are provided practical tools to approach their specific mental blocks with a better understanding of HOW to strengthen their mind body connection.

#### IF YOU EXPERIENCE:

- \* Sweatiness, shaking and nervousness before & during performances
- \* Spacing out or forgetting routines/combinations during major performances or auditions
- \* Rehearsals looking better than showtime
- \* Decreased ability to perform on demand
- \* Problems executing movements with precision at each attempt.
- \* An overload of fearful thoughts before or throughout performances

#### IF YOU WANT TO:

- \* Learn how to control your mind-body connection
- \* Feel confident throughout your whole routine, audition or performance
- \* Learn practical skills to increase your overall physical and mental performance quality
- \* Quiet negative and distracting thoughts during your performance
- \* Manage the sweatiness, shaking and nervousness before and during performances
- \* Relax your mind and body before you present and remain calm throughout the entire performance

YOU MUST REGISTER & PAY IN ADVANCE.

IN PERSON OPTION: 10/16/23 2:30-3:30PM

Mark Morris Dance Center  
3 Lafayette Avenue  
Brooklyn, New York 11217

[Pay here](#) for in person

VIRTUAL OPTION 10/19/23 7-8PM EST

[Pay here for virtual](#)

Contact Rebecca to learn more:

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Schedule  
September 29, 2023: 7:00pm  
September 30, 2023: 7:00pm  
October 1, 2023: 7:00pm  
October 2, 2023: 2:30pm  
October 3, 2023: 7:00pm  
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