

C-I TRAINING TEACHER COURSES

Conditioning WITH Imagery FOR DANCERS



C-I Training™ (conditioning-with-imagery), created by Donna Krasnow, is a body conditioning system designed for dancers. It incorporates exercises and imagery work to develop strength and flexibility, and to improve alignment and mind-body connections. C-I Training™ provides the dancer with an excellent daily warm-up, and promotes improved dance technique and prevention of dance injuries.

Level 1 C-I Training™ Teacher Course & Certification

This six-day course is for dance teachers of any dance form. Participants learn: (1) the purpose and correct execution of each exercise in the beginning and intermediate level work, (2) the latest developments and new material in C-I Training™, and (3) the progression for teaching the material over time. Practice teaching opportunities are provided. Teachers wishing to take the qualifying practical exam at the end of the course receive C-I Training™ Level 1 Certification.

Instructor: **Andrea Downie, MA**
Fee: \$800 CND / \$600 USD

Course space is limited so register early!

Level 2 C-I Training™ Teacher Course & Certification

This three-day course is for dance teachers who have completed the Level 1 Certification course. Participants learn: (1) the purpose and correct execution of each exercise in advanced level work, (2) the latest developments and new material in advanced C-I Training™, (3) the progression for teaching the material over time, and (4) additional information about alignment and injury prevention work for dancers. Practice teaching opportunities are provided. Teachers wishing to take the qualifying practical exam at the end of the course receive C-I Training™ Level 2 Certification.

Instructor: **Donna Krasnow, PhD**
Fee: \$400 CND / \$300 USD