

mUvmethod, is a dance conditioning system based on yoga and Pilates and backed by science. We specialize in stretching made safe, easy, and effective. The programs address both the physical and mental side of dance conditioning. They are designed to move dancers beyond their limitations to reach their full potential, meeting the technical side of dance with ease and efficiency.

mUvmethod Intensives offered this summer

Backbends Course plus 45 mins of contemporary technique

Dancer needs a yoga mat and 2 yoga blocks for class.

Half Pigeon is a preparatory pose for One Footed King Pigeon. It is a posture that every dancer needs. Half Pigeon stretches many muscles and surrounding fascia of the hips and low back. This increases hip flexibility, range of motion, turnout and decreases hip and low back pain associated with imbalances in the surrounding musculature of the hips.

One Footed King Pigeon improves spinal extension while stretching the musculature of the chest, shoulders, upper and mid back, hip flexors and quads. This improves a dancer's arabesque, penche, grand jete, tilt, scorpion and anything that involves hip and spinal extension along with shoulder flexion... which means, it affects a lot!

What This Program Will Improve

- Arabesque
- Penché
- Attitude Derrière
- Grande Battements
- Grande Jetés
- Scorpion
- Needle
- Lay Outs
- Front & back Walkovers
- Calypso Leaps
- Fire Bird Jumps
- Spinal Extension
- Hip Mobility
- Shoulder & Scapular Mobility
- Hip Placement & Alignment
- Decrease Back Pain & Injury

All Splits Course plus 45 mins of jazz technique

Dancer needs a yoga mat and 2 yoga blocks for class.

The ability to do splits affects many aspects of dance and is one of the foundations for success. Splits translate to an ability to meet the technically challenging aspects of dance with ease and efficiency. Without this, you will have to work a whole lot harder as a dancer.

If you are a dancer that can easily do splits you will still benefit from this program as the main focus of the exercises is to stretch the musculature and surrounding fascia of the hips, particularly the hip flexors. You can do splits and still have tight hip flexors. Tight hip flexors will continue to limit your mobility and flexibility, particularly hip extension, meaning anything you do with one leg behind you.

The exercises and postures in our inner hip and split stretch sequence release tension in the adductors, hamstrings, outer hip, and lateral rotators. This greatly improves hip mobility and flexibility, decreases back pain, and allows for more range of motion throughout the body.

What This Program Will Improve

- Grande Battements
- Grande Jetés
- Ala Seconde Turns
- Second Leaps
- Pirouettes
- Tilts
- Illusions
- All Splits
- Overall Hip Mobility
- Hip Placement & Alignment
- Decreased Back pain & Injury