

# Beyond the Stage - Witnessing Your Dancer's Re(evolution)

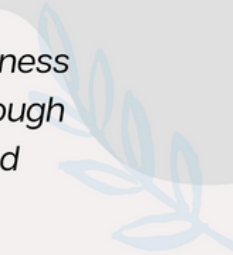
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*Prioritizing the holistic wellness  
of our next generation through  
mindset, community and  
resilience.*



There are so many reasons that people invest in dance. For some, it's the spectacle of performance or the escape through entertainment. For others, it's the marriage of athleticism and artistry, and the sense of community. Regardless of what lures you into the dance world, dance inherently gives back to its community in the most beautiful ways imaginable.

More specifically, dance teaches a multitude of life lessons and skills, otherwise known as transferrable skill sets. Transferrable skill sets are built through deliberate practice and become learned characteristics/qualities that can be applied outside of the dance setting. In our last blog post on body intelligence, we discussed the priceless relationship a dancer creates with their physical instrument throughout a lifetime.

Like any relationship, dancers are not immune to experiencing change and growth within their relationship with dance. In this blog post, we will walk through the ways in which a dancer evolves - physically, artistically, and mentally. A dancer's evolution is best understood as a non-linear journey; one that requires curiosity and openness while constantly pivoting in response to social change, failure, challenge, etc.

## **Physical**

As a dancer embarks on their dance journey, they will have the opportunity to learn from different instructors and experience new styles or techniques to add to their wheelhouse. These new modes of information create new pathways in the brain further strengthening the mind-body connection. Referencing the blog post on body intelligence, a dancer will find their physical abilities evolve over time. Perhaps, working with a different instructor has helped them further understand a technical concept, or taking modern classes has strengthened their alignment in ballet.

## **Artistic**

As dancers are eagerly building strength, connecting with other artists, and acquiring new skill sets, they are developing their artistic voice. Artistic voice allows a dancer to communicate their purpose through dance. An artistic voice is the sign of a maturing artist and is a process that requires much nurturing. For example, a dancer may express liking a specific style because they feel as though it aligns with their personality, while another follows suit to a style that focuses on storytelling. The way a dancer understands and appreciates dance will continually evolve and their artistic pursuits will mirror that evolution.

## **Mental**

Dancers will endure many challenges, failures, and sudden changes within their artistic pursuits. While those moments may seem particularly intense, they all inform the dancer's mental framework. Dancers become more resilient, and adaptable because of the adversity they faced. With this developed mental framework, they will approach their next challenge with grit, curiosity, and humility.

Another crucial element to consider is that specific dance styles are heavily influenced by culture and socio-political events. Thus, there is truly not a moment within dance history that will look exactly the same. This requires dancers (and their educators) to remain receptive to dance in all of its iterations. So, plainly speaking a dancer always has something to learn and always has room to evolve; a dancer is a lifelong learner.

