

# 2-DAY CONDITIONING WORKSHOP HEALTH & WELLNESS

LOVELAND & CONSERVATORY  
DANCE  
JULY 7-8  
2023

Classes focus on Performance Enhancement,  
Injury Prevention, Strength & Conditioning,  
Safe Flexibility, Visualization for Dance Performance.  
Recovery Strategies including:  
Nutrition, Sleep and Stress Management



**FRIDAY 7/7 @ LOVELAND DANCE**  
LEVEL 2/3

4:00-4:30PM	Intro w/ Miss Nessa & Dr. Jami
4:30-5:30PM	Breakout Session #1 w/ Miss Nessa
5:30-6:15PM	Breakout Session #2 w/ Dr. Jami
6:15-6:45PM	<b>HEALTHY SNACK PROVIDED</b>
6:45-7:30PM	Breakout Session #3 w/ Miss Nessa
7:30-8:00PM	Rap w/ Miss Nessa & Dr. Jami

LEVEL 4/5

4:00-4:30PM	Intro w/ Miss Nessa & Dr. Jami
4:30-5:30PM	Breakout Session #1 w/ Dr. Jami
5:30-6:15PM	Breakout Session #2 w/ Miss Nessa
6:15-6:45PM	<b>HEALTHY SNACK PROVIDED</b>
6:45-7:30PM	Breakout Session #3 w/ Dr. Jami
7:30-8:00PM	Rap w/ Miss Nessa & Dr. Jami

**SATURDAY 7/8 @ CONSERVATORY DANCE**  
LEVEL 2/3

9:00-9:30AM	Intro w/ Miss Nessa & Dr. Jami
9:30-10:30AM	Breakout Session #4 w/ Dr. Jami
10:30-11:15AM	Breakout Session #5 w/ Miss Nessa
11:15-11:45AM	<b>HEALTHY SNACK PROVIDED</b>
11:45-12:30PM	Breakout Session #6 w/ Dr. Jami
12:30-1:00PM	Rap w/ Miss Nessa & Dr. Jami

LEVEL 4/5

9:00-9:30AM	Intro w/ Miss Nessa & Dr. Jami
9:30-10:30AM	Breakout Session #4 w/ Miss Nessa
10:30-11:15AM	Breakout Session #5 w/ Dr. Jami
11:15-11:45AM	<b>HEALTHY SNACK PROVIDED</b>
11:45-12:30PM	Breakout Session #6 w/ Miss Nessa
12:30-1:00PM	Rap w/ Miss Nessa & Dr. Jami

## Miss Nessa

Miss Nessa began studying Ballet at the age of two and continued her dance training in Ballet, Tap, Jazz and Lyrical at Loveland Dance Academy (LDA). Nessa began teaching at LDA in 2003 where she teaches Ballet, Pointe and Conditioning. During her time at the University of South Carolina, Nessa studied various styles of dance including Ballet, Jazz, West African, and Contemporary with faculty from the dance department while completing her B.A. in Art History and German. After graduating she taught English in Dessau, Germany for a year and was able to teach jazz while abroad.

Nessa is an ABT® Certified Teacher, who has successfully completed the ABT® Teacher Training Intensive in Pre-Primary through Level 5 of the ABT® National Training Curriculum. She is also a Certified Strength and Conditioning Specialist through the NSCA, holds a Graduate Certificate in Strength and Conditioning and Fitness Coaching from the University of Denver, and is certified in Progressing Ballet Technique (PBT). She is passionate about sharing the art of ballet with the next generation of dancers, while working with them to achieve correct technique and strength to support their artistry throughout their dance career. Nessa believes in empowering dancers to understand how their bodies work and how to protect and strengthen them for longevity.

## Dr. Jami

Dr Jami Cheateaux graduated with a Doctor of Physical Therapy degree from the University of Southern California and is board certified in orthopedics. She has certifications for treating fitness athletes (cert-CFMA) focused on CrossFit and Barbell athletes, Functional Trigger Point Dry Needling, and Blood Flow Restriction Training.

Dr. Jami has her CF-Level 1 and enjoys coaching CrossFit classes through the week. Dr Jami is a forever student and thrives on continuing to improve her skills and maximize therapeutic benefit for her patients.

Through her many years of participation in activities such as Dance, Skiing Gymnastics, Ice Skating, Surfing, Wakeboarding/Wakesurfing, Water-skiing, Rock Climbing, Stand-Up Paddling (ocean, flatwater and whitewater), and Yoga; she incurred many injuries requiring rehabilitation. This led her to a strong commitment to functional fitness, CrossFit and weight training all of which has improved her sport performance as well as overall fitness. In addition she found her increased physical strength impacted her mental toughness and helped her to continue to pursue all the activities she loves with confidence. She utilizes these attributes to take her patients from injury through recovery back to high level performance.

**One-on-one personalized video session  
with Dr. Jami following the workshop!**

[www.dancedreamstudios.com/register-online](http://www.dancedreamstudios.com/register-online)

Conservatory Dance, 813 8th Street, Greeley // 970-356-710  
Loveland Dance, 440 North Lincoln, Loveland // 970 667-2091

**REGISTER ONLINE!**

	<b>By 6/22:</b>	<b>After 6/22:</b>
2-DAY WORKSHOP	\$125	\$138
1-DAY WORKSHOP*	\$65	\$72

\*1-Day attendees do not have personalized coaching included in their workshop fee.

UPDATED 4/12/23