



6 Tips to Balancing Body, Mind & Soul as a Dancer



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Dancers are made,
not born.

MIKHAIL
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6 Tips to Support Your Dancer: Body, Mind & Soul

01

Take time to rest - to read, draw, or nap on your off-days. Resting is **key** for you to recharge both mentally and physically.

02

Allow yourself to have "bad" dance days, but try to find the teachable lessons within that day. What *good* came from your "off" class or rehearsal?

03

Keep extra snacks (think high in good fats, complex carbs, and protein) on hand in your dance bag. Pay attention to how you feel and fuel up when needed.

04

Static stretching decreases muscular power for up to an hour! Swap out sitting in the splits & barre stretches for dynamic stretching and have more power all through class!

05

Keep track of even the smallest wins in a gratitude journal. This will help you to appreciate the progress you are making toward your bigger dance goals.

06

Try not to take corrections personally, and remember that your teacher's goal is to help you be your best. Be sure to display your thankfulness for their guidance and care.

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