



Dance Injury Prevention Lecture

Friday, January 29, 2010

4:00pm Studio X Marie Stinnett Dance

Parents are encouraged to attend.

Learn about general injury prevention and treatment for ballet dancers. The discussion will cover basic anatomy, causes of injury and when to seek professional attention. Dancers will be shown general exercises to help with injury prevention and rehabilitation.

Presented by Ariel Lehaitre

Ariel Lehaitre Ariel received her M.S. in Physical Therapy and B.S. in Clinical Exercise Physiology from Boston University with honors. Her professional Pilates training includes 5 years at the Anderson and Kasakove Pilates Studio in New York and the Dance Medicine Department at St. Francis Memorial Hospital in San Francisco. She received a Rehabilitation Pilates Professional Certification from Polstar Pilates in 2005.

Ariel's extensive dance background includes fifteen years of professional ballet training at the San Francisco Ballet School, The Pacific Northwest Ballet and New York's School of American Ballet. Since 2006, she has been a professional salsa dancer, dancing with the World Champion team *Pretty Boys and Girls*. She has taught and performed throughout the United States and at international venues such as Mexico, Spain, Italy, Singapore and Malaysia.

Ariel struggled with injury throughout her dance career, and thus Pilates became instrumental in her rehabilitation and conditioning. She has been practicing the Pilates method for 15 years, and incorporating it in her physical therapy practice for 8 years. Ariel is passionate about helping dancers maintain a healthy, injury-free state, and achieve their highest dancing potential.

To reserve your place or for more information:

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