

Email Subject Line:

"What Every Dancer Should Know"

Separating Fact from Fiction: Why Understanding Structural Considerations of Turnout will Make You a Stronger, More Dynamic, and More Graceful Dancer-- Without Injuring Yourself

Dear Dance Professional:

Wouldn't it be nice if you went through your entire dance career and never got hurt? Imagine--no injuries. No rehab. No pain.

Think about it. If you never got hurt, you'd also have more time to perfect your skills and take your dancing to the next level. A better chance to make it professionally, with a longer career. (Dance teachers--isn't that what you want for each of your students?)

But let's face it. *Dancing is strenuous*. The body is designed for movement, but all it takes is one wrong landing, or straining a muscle from twisting the wrong way, to put you out of commission for a while.

Unfortunately, a lot of injuries result from poor technique. Sometimes it's a case of not understanding the *anatomical* considerations of the body. It could stem from overusing muscles without maintaining proper strength and flexibility balance. Often it's a case of not understanding the *science* of dance training.

The Solution: Your Winning Dancing Edge

It's really quite simple. *Dancing at your absolute best level, without getting injured*, demands that you understand **the science of dance**.

If you're like most dancers, you have a busy schedule. You want information that you can learn easily, and apply to your dancing immediately, right?

That's why I developed the Analyzing Turnout DVD. In this unique DVD, you get anatomical information on the ultra-complex issue of turnout, along with practical, quality information that you can put to use right away. These are tools that can make an *immediate* difference in your dancing.

Your Own Personal Dance Science Specialist, In the Convenience of Your Home

Many highly accomplished dance teachers even tell me that they're unaware of the anatomical principles behind the movements they ask their students to perform. This is especially true with turnout. You have to rely on information handed down to you from *your* teacher.

Analyzing Turnout cuts through the mystery and confusion that surrounds turnout. I show you how to analyze it, strengthen it, and improve it. Bottom line? **Your dance students will become stronger. More dynamic. And more graceful dancers...without getting injured.**

"Deborah's extraordinary knowledge of hidden problems – and techniques for correcting them – is legendary. Following her advice has allowed me to have a long and healthy dance career."

--Paula Weber, Professor of Dance, UMKC

Even if you have no aspirations of becoming a teacher, Analyzing Turnout will improve your turnout without

compromising placement. You'll become a better dancer. Guaranteed.

<< Go to www.TheBodySeries.com, "Product Catalogue" to order now >>

Helping Dancers is My Life's Work

For the last 29 years I've been working with dancers. It's been my life's work and my passion! I began as a dancer and gymnast myself, continued dancing until just a few years ago, and still actively teach dance. I co-founded the Center for Dance Medicine with Dr. Richard Bachrach in New York City.

I write for the major trade magazines, and I've published a number of books for dancers. Most of you know me from my newsletter, *Dancing Smart*, which I've been writing since 2003. I'm also one of the very few anatomists who work with dancers only.

What I've found in all this time is that when you truly understand functional anatomy, you'll perform better. You'll stay healthy. And you'll gain an edge in the very competitive world of dance.

Dance Longer and Feel Better

"Thank you, thank you, and thank you! For all the dancers now and in the future, please continue offering the scientific, factual information that helps us dance longer and feel better about our dancing and our bodies."

--Ginger S., Philadelphia, PA

My goal with the Analyzing Turnout DVD is to help you have a longer, healthier, injury-free, successful dance career. And my goal for dance teachers is to help you become known as

a teacher or a studio that produces top-notch, healthy dancers.

Whether you're a dancer or a teacher (or both), my guess is you have high aspirations. Dancing is competitive, and you put in long, demanding hours perfecting your craft. You want to be the best you can be.

Analyzing Turnout could very well be your winning edge in the competitive world of dance. Watch this DVD and you'll learn...

- Where turnout actually occurs in the body...
- How to test for true, functional turnout (hint: it's not lying in the frog position!)...
- How to increase range of motion at the hip through balancing muscles without compromising the body...
- How to stabilize turnout in the standing position, and most importantly...
- How to become a strong, dynamic dancer without injuring yourself!

"I use all your DVDs, books, blogs, and manuals daily to help my dancers become more in tune with their bodies. I know if they understand their bodies more they will become better dancers, because they will not be frustrated by the mechanics of the movement, lack of flexibility and injury. You have educated so many students and teachers by making the education of anatomy user-friendly."

--Isabelle Cook, Spokane, WA

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This DVD is a compilation of anatomical principles on turnout that I've learned in over 25 years of dancing and teaching

dance. It's like getting a private dance lesson from a renowned instructor (without the expensive fee!) In fact, Analyzing Turnout is reasonably priced at only \$45, and makes a great holiday gift idea for the dancer or dance teacher on your list.

The beauty is that you can watch it in the convenience of your home, whenever you choose, and pick up a subtle technique each time. Most dancers and teachers tell me it pays for itself many times over.

Check out Analyzing Turnout, and I promise you'll be a smarter, stronger, more articulate, more dynamic, more graceful dancer...without getting injured. If you're a dance teacher, your students will thank you for bringing this extra dimension to their dancing.

I'm so confident you'll be thrilled with the Analyzing Turnout DVD, I offer you my unconditional, no-questions-asked, money-back guarantee. Go ahead and use it for a full 60 days, and if you haven't seen an improvement in your own dancing or that of your students, return it for a full refund.

Just go to www.TheBodySeries.com, then "Products", then "DVD's" to order now. You have nothing to lose, and quite possibly, a serious competitive edge to gain!

Sincerely,

Deborah Vogel

P.S. Order now before November 15, and get a copy of my definitive companion guide to turnout, Tune Up Your Turnout, **at no extra cost** (a \$15 value!) This easy-to-use book is specifically designed to help you achieve the best turnout possible while avoiding injury.

Dr. Vernon Patterson of the Cleveland Clinic, had this to say: "Tune Up Your Turnout is an invaluable resource for any dancer seeking maximum performance while minimizing risk of injury. Deborah Vogel is the most talented and gifted dance professional I have every worked with . . . absolutely the BEST!"

This makes an excellent holiday gift for a favorite dancer in your life. Get the Analyzing Turnout DVD for yourself, and give Tune Up Your Turnout to a friend or family member (or keep them both.) Either way, you win!

P.P.S. Stay tuned for my upcoming DVD on effective stretching practices! This isn't the same old static stretching. New research shows that dynamic stretching will help you get better results, in less time (and you can do them anywhere, without any special equipment.) As always, my loyal newsletter subscribers will be the first to hear...more information coming soon on YouTube!