Rosina Andrews

PATH TO PROGRESS

How Rosina Andrews Method Can help you #DanceSmarter

Start Here

what best describes you?

I'm a dancer

I want to improve and enjoy dance more

What's your biggest focus right now?

- Improve technique and skills → Best Selling Pirouette and Leap Surgery® Books
- Improve flexibility and strength → Affiliated with The Little Book of Stretches and Strength with online portals
- Meet and work with other dancers → Worldwide Open Workshops and Studio Masterclasses
- Boost Confidence and Mindset → Downloadable tasks, group sessions and 1-2-1 mentoring
- Summer Intensives → Founder of leading auditioned Summer Intensive, ELITESS, now in its 15th year

I'm a dance teacher

I want to give my students the tools to thrive. I also want to refresh my knowledge and join is supportive community of educators

What do you want support with?

- Skill buildup and teaching methods → Pirouette and Leap Surgery® 3 level programs with online videos, used in 1000 studios worldwide
- Professional development and CPD → Yearly sold out Teachers Intensive Weekend, Online courses and bespoke studio workshops
- Class plans, resources and tasks → Downloadable Resources, class plans, trackers and homework sheets. 100 class online library
- Improving my mindset and well being → Dance Smarter Podcast, 1-2-1 mentoring. Affiliated studio support network
- Taking my dance studio to the next level → Waitlist only. Bespoke studio consultancy packages and mentoring

I'm a dance parent

I want to support my child's dance journey in a positive way

What do you need help with?

- Auditions and Applications → The Dance Parent Academy Downloadbale Essentials course
- Supporting home practice → Online Class Library of 100 on demand videos across all genres and skills
- Injury prevention, technique support and confidence growth → 1-2-1 online and inperson sessions with both Rosina Andrews and Samuel Downing PT
- Support and Understanding of the dance and performance industry → Dance Smarter the Book and Podcast - 2 seasons available across all platforms

Combine, Build and Progress

Use Rosina's portfolio of products to support every area of your dance journey

Resources for every budget! Explore Rosina's portfolio with prices starting from just £3.99 to £1,020.

Digital

Worldwide

Community

Safe, insured and qualified

Access your personal Path to Progress here