

# TRINITY LABAN

25 Years of Dance Science: Symposium & Celebration | 17-18 July 2026

Laban Studio Theatre, [Creekside, London SE8 3DZ](#)

Fri 17 July	Title	Speaker
11:30-12:00	<b>Tea &amp; Coffee</b>	
12:00-13:00	<b>Keynote</b>	
	<b>Welcome</b>	Catherine Haber
	<i>Still Moving Strong: 25 Years of Dance Science</i>	Emma Redding
	<i>How Dance Science Became a Degree: Founding Higher Education Pathways</i>	Matthew Wyon, Gregory Sporton & Emma Redding, moderated by Catherine Haber
13:00-13:10	<b>Break</b>	
13:10-14:00	<b>The Evolution and Future of Dance Science</b>	
	<i>From First Cohort to Field Leadership: A 25-Year Journey in Dance Medicine and Science</i>	Manuela Angioi
	<i>Reflections on Teaching Dance Science in Higher Education: Successes, Challenges, and Future Directions</i>	Leanne Steel
	<i>Care-Centred Approaches to Dance Science Methodologies</i>	Sarah Needham-Beck, Elsa Urmston, Stephanie Mattiussi
14:00-14:50	<b>Lunch – Light lunch provided with registration</b>	
14:50-15:50	<b>Equity, Identity and Dancer Experience</b>	
	<i>Embodied Change: Interdisciplinary Dance Science Perspectives with Perinatal Dancers - A Lecture Demonstration</i>	Lucy McCrudden, Angela Pickard, Rachael Kuik, Niamh Morrin, Kelly Massey
	<i>Sex and Gender Reporting and Participant Distribution in Dance Medicine and Science Research from 2023 to 2025</i>	Claire Farmer
	<i>Perceived Gender Differences in Vocational Ballet Class and their Impact on Students' Psychological Well-Being</i>	Elsie Papafotiou
15:50-16:00	<b>Break</b>	
16:00-16:50	<b>Physical Preparation and Injury Prevention</b>	
	<i>Competitive Dancers' Practices and Perceptions about Physical Preparation: A multi-language survey</i>	Pierluigi Bottacin & Anthony Turner
	<i>Supporting Adolescent Dancers through a Movement Mechanics Framework</i>	Niamh Dempsey
	<i>Screening and then what? Integrating feedback into technical training through collaborative practice</i>	Catherine Haber, Will Aitchison, Michael Doolan, Natasha Goldstein-Opasiak, Scott Sinclair
16:50-17:00	<b>Break</b>	
17:00-17:55	<b>Dance, Health and Wellbeing</b>	
	<i>Revisiting a Whole Dance Study</i>	Shantel Ehrenberg & Maria Svensson
	<i>Dancing for Well-Being: Effects of Nordic Dance on Physical Activity and Mental Well-Being Among At-Risk Adolescents</i>	Ditte Egholm, Stine Lindahl Jacobsen, Elizabeth Jochum, Gerda Hempel, Anderson Souza Oliveira
	<i>Creative Health: From Practice to Evidence</i>	Jasmine Wilson
	<i>Closing</i>	Catherine Haber
18:00 onward	<b>Celebrate with us!</b>	
	We've reserved tables at <a href="#">The Oystercatcher</a> from 18:00. Food and drinks can be purchased individually, and all attendees are warmly invited to join the celebration.	

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Sat 18 July	Title	Speaker
9:30-10:00	<b>Tea &amp; Coffee</b>	
10:00-10:50	<b>Keynote</b>	
	Looking back to move forwards: A historical overview of dance medicine and science in the UK and the role of NIDMS	Erin Sanchez on behalf of the National Institute of Dance Medicine & Science (NIDMS)
10:55-11:45	<b>Healthcare and Rehabilitation in Dance</b>	
	Accessibility Beyond Availability: Structural influences on onsite healthcare engagement across artistic disciplines in conservatoire training	Julia Jakowska & Natasha Goldstein-Opasiak
	Foot pain in the hypermobile dancer: A case study	Liz Bayley
	From knee pain to performance: A dancer's rehabilitation and return to dance	Rugved Bapat
11:45-12:45	<b>Lunch – Light lunch provided with registration</b>	
12:45-13:35	<b>Monitoring Dancer Health and Performance</b>	
	Does self-reported wellness predict autonomic recovery? A longitudinal study of resting heart rate variability (HRV) in pre-professional contemporary dancers	Xian Fei Ng & James Brouner
	Towards a Dance-Specific Warm-up for South Asian Dance: Preliminary biomechanical findings from Bharatanatyam	Sripadma Ganapathi
	What's up with Jump Height? A critical analysis of jump testing in contemporary dance	Michael Doolan, Scott Sinclair, Catherine Haber
	<b>Practical Session (Studio 9)</b>	
		Play in Motion with Anneliese Monika Koch
13:35-13:45	<b>Break</b>	
13:45-14:35	<b>Training Environments and Dancer Development</b>	
	Essential Attributes in Vocational Dance Training: Perspectives from a conservatoire community	Isobel Jupp, Gemma Clunie, Phaedra Petsilas, Peter Dunleavy, Alison McGregor, Richard Abel
	Understanding teacher, student and parent perspectives of safe dance practices in recreational dance settings	Ella Gregory
	The Quest Model: A new approach to teaching in secondary dance education	Johanna Hodson-Prior, Liliana Araújo, Emma Redding
	<b>Practical Session (Studio 9)</b>	
		How to translate scientific principles into dance practice using the Axis Syllabus© with Emanuela Iacopini
14:35-14:45	<b>Break</b>	
14:45-15:35	<b>Embodied Approaches and Emerging Perspectives</b>	
	The Effects of Auditory Biofeedback Training on Heel Raise Performance in Vocational Dancers	Teal Darkenwald
	Insights into Expectations, Experiences, and Reflections from an Interdisciplinary Dance Intervention Study	Sandria Stornig & Anna Kannonier
	Dance-based Interventions for Affective State and Emotional Regulation: an exploratory study	Lucía Piquero Álvarez
15:40-16:00	<b>Closing Remarks</b>	
	An Integrated Dance Science? Disciplinary, Practical, and Global Perspectives	Catherine Haber