

TRINITY LABAN

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

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

<i>Fri 17 July</i>	<i>Title</i>	<i>Speaker</i>
11:30-12:00	Tea & Coffee	
12:00-13:10	Keynote	
	Welcome	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
13:10-13:20	Break	
13:20-14:10	The Evolution and Future of Dance Science	
	<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
14:10-15:00	Lunch – Light lunch provided with registration	
15:00-15:50	Training Environments and Dancer Development	
	<i>Essential Attributes in Vocational Dance Training: Perspectives from a conservatoire community</i>	Isobel Jupp, Gemma Clunie, Phaedra Petsilas, Peter Dunleavy, Alison McGregor, Richard Abel
	<i>Perceived Gender Differences in Vocational Ballet Class and their Impact on Students' Psychological Well-Being</i>	Elsie Papafotiou
	<i>Understanding teacher, student and parent perspectives of safe dance practices in recreational dance settings</i>	Ella Gregory
15:50-16:00	Break	
16:00-16:50	Physical Preparation and Injury Prevention	
	<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	Break	
17:00-18:00	Dance, Health and Wellbeing	
	<i>Revisiting a Whole Dancer 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 & Rebecca Stancliffe
	<i>Closing</i>	Catherine Haber
18:00 onward	Celebrate with us!	
	We've reserved tables at The Oystercatcher 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	Tea & Coffee		
10:00-10:50	Keynote		Erin Sanchez with Roger Wolman, Matthew Wyon, Helen Laws, Nick Allen, and Emma Redding
	Looking back to move forwards: A historical overview of dance medicine and science in the UK and the role of NIDMS (National Institute of Dance Medicine & Science)		
10:55-11:45	Healthcare and Rehabilitation in Dance		
	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
11:45-12:35	Lunch – Light lunch provided with registration		
12:35-13:25	Monitoring Dancer Health and Performance		Practical Session (Studio 9)
	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	Play in Motion with Anneliese Monika Koch
	Towards a Dance-Specific Warm-up for South Asian Dance: Preliminary bio-mechanical 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	
13:25-13:35	Break		
13:35-14:35	Equity, Identity and Dancer Experience		Practical Session (Studio 9)
	Embodied Change: Interdisciplinary Dance Science Perspectives with Perinatal Dancers - A Lecture Demonstration	Lucy McCrudden, Angela Pickard, Rachael Kuik, Niamh Morrin, Kelly Massey	How to translate scientific principles into dance practice using the Axis Syllabus© with Emanuela Iacopini
	Sex and Gender Reporting and Participant Distribution in Dance Medicine and Science Research from 2023 to 2025	Claire Farmer	
	The Quest Model: A new approach to teaching in secondary dance education	Johanna Hodson-Prior, Liliana Araújo, Emma Redding	
14:35-14:45	Break		
14:45-15:35	Embodied Approaches and Emerging Perspectives		
	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	Closing Remarks		
	An Integrated Dance Science? Disciplinary, Practical, and Global Perspectives		Catherine Haber