



## Atlantic

### Blade & Body Workshop

12 Westwood Blvd., Upper Tantallon, NS B3Z 1H3

March 10<sup>th</sup> & 11<sup>th</sup>, 2018

This workshop is designed to increase understanding of body and blade awareness for better performance on the ice. It will be a combination of technique work as well as artistry work to encourage skaters to combine both skills for an overall improved presence on the ice.

#### Presenters:



**Vesna Markovich**

Vesna Markovich has a Bachelor of Fine Arts Degree in Dance from York University and is a National level, Skate Canada coach. Vesna's coaching experience ranges from grassroots to senior international competitive. Her workshops are geared to inspire skaters to work on their fundamentals and ignite their love for movement and glide. The strength of creation is rooted from strong basics. 1) Stroking, edge quality and turning mechanics. 2) Performance and movement fundamentals. 3) Choreography. 4) Body Alignment. Her eclectic experience off ice and on ice has a great impact on helping to develop the "Second Mark", the Program Component Mark. Favorite quote: "You can't mix new colours without using primary colours." - Sarah Kawahara, Internationally renowned choreographer.



**Trena Graham**

Based in Halifax, Trena has been teaching in various classes, dance schools and clubs since 2001, where she has applied her extensive ballroom and Latin training. She founded Trena's Dance Studio in 2006; where she is artistic director, choreographer and teacher. She has taught at the 2015 Toronto International Bachata Congress, 2015 Calgary Salsa Congress, the 2016 Montreal Bachata Festival, the 2017 Ottawa Salsa Convention and at the 2017 Toronto Salsa & Bachata Congress. Trena has also performed locally and nationally and has competed internationally in Pittsburgh and Miami with world Bachata champion, Darlin Garcia, where she brought home a bronze medal. She has also been a local and national judge for the Atlantic and Canadian Pole Fitness Championships. In 2018, she will be hosting the first Salsa competition in Halifax. Her technique and style are always impressive but it's her energy, enthusiasm and engaging smile on the dance floor that are most memorable.

#### Notes:

Lunch will be provided for coaches and skaters. All skaters must have appropriate running shoes for off-ice classes.

The Skater's Registration fee is \$60.00. All skaters and coaches must register with their Section Office.