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**TWO DAYS FOR DANCERS' WELLBEING**  
**6 & 7 April 2024**  
**Flux Laboratory Athens**  
**Paleologou Benizelou building, 105 56**

Flux Laboratory Athens, as part of its Art and Science program, invites dance students, professional dancers and teachers to a two-day event dedicated to the well-being of dancers.

Specialised researchers from different disciplines will share tools for the improvement of the physical and mental health of dancers through lectures and hands on practice. Aim of the meeting is to highlight practices that contribute to a long and healthy dance career.

The event is dedicated exclusively to the dance community seeks to inform, practice and discuss key aspects of the profession such as: psychology, strengthening and physical condition, overtraining, nutrition, improving technique. Theory and practice meet, proposing a complementary way to enhance the intensive life of the dancer outside the dance studio.

Flux Laboratory Athens invites members of the dance community to participate in the events and take part in the open dialogue about the needs of the sector in the country, in line with international research and practices.

All events are offered free of charge. Online booking is required for each activity [here](#).

Information & cancellations: [caligianni@fluxlaboratory.com](mailto:caligianni@fluxlaboratory.com)

Programme

**SATURDAY 6 APRIL**

11am – 12.30pm, workshop

**Pilates for Dancers 1: Core Stability / Leg Extension**

(Markella Kefallonitou)

1pm – 2pm, lecture

**"Health Factors Affecting Dance Performance"**

(Yiannis Koutedakis)

3pm – 5pm, workshop

**Warm-Up Protocol**

(Christopher Hinton-Lewis)

6pm – 7.30pm, online lecture

**Building Resilience in Dance**

(Imogen Aujla)

**SUNDAY 7 APRIL**

11am – 1pm, workshop

**Landing & Jumping Mechanics**

(Christopher Hinton-Lewis)

1.30pm - 3.30pm, lecture

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## **Nutrition and Exercise as a Factor of Human Power in Professional Dancers**

(Stamatis Mourtakos)

5pm – 7pm, workshop

## **Pilates for Dancers 2: Back Extension / Foot & Ankle Stability**

(Markella Kefallonitou)

\*Saturday & Sunday: Projection corner

**Dance Science contributions from all participants &**

**The Dance Science Department of the University of Bern.**

## **Short Biographies**

### **Yiannis Koutedakis, PhD**

#### **Professor Emeritus**

Author of the book "The Fit and Healthy Dancer", Yiannis has been national rowing coach for Greece & the UK, dean at the Department of Physical Education and Sports Science, Thessaly University, Director of the Institute of Performance & Rehabilitation, director of three university postgraduate programmes in Greece and the UK, and president of the National Centre "Exercise is Medicine - Greece". He was a co-founder of the British Olympic Medical Centre (London), and has taught at –inter alia– the London Contemporary Dance School, Birmingham Royal Ballet, English National Ballet School, and Northern School of Contemporary Dance. He has more than 300 published research articles, some of which have been adopted by established international organisations, such as the Scottish NHS (2011) and the American Heart Association (2023). His name is included at the upper 1-2% of all scientists worldwide (2019-2023), he is among the top 50 Greek Medical Scientists (2024), and holds the 1st position at the University of Thessaly (2014-2024).

### **Markella Kefallonitou, MSc**

Markella is a BASI Pilates instructor and faculty, a dance specialist, and a Schilizzi and Onassis Foundation Scholar. She holds a BA degree in Dance Education from 'Niki Kontaxaki' Higher Education Dance School. She studied alongside the Merce Cunningham Dance Company in New York City. She danced professionally for independent contemporary choreographers

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in New York City before retiring to pursue a career in education. She holds an MSc in Dance Science from Trinity Laban Conservatoire of Music and Dance, where she conducted her research in flexibility training. She completed her BASI Pilates Comprehensive Teacher Training and later became faculty for BASI Pilates. She continued her education with CPD courses on injuries and pathologies, scoliosis, athletic performance, pre- and post-natal and more. Markella taught the general population for over 14 years, but her dream was always to give back to the dance community. She works at the Royal Ballet School in London as the Pilates instructor at the Lower School, and she is a member of the multidisciplinary Healthcare Team. She collaborates with the Royal Ballet School Training and Access team where she teaches Pilates for dancers at the Intensive Courses and Video on Demand platform; she also co-created and teaches educational workshops for dance teachers, such as 'Body Awareness and Conditioning' for the Affiliate Training and Assessment Programme (ATAP), and 'Pilates for Dancers with Scoliosis' for the Associate and ATAP teachers as well as the Diploma of Dance Teaching. Markella also teaches Pilates at Central School of Ballet in London. She is a member of the Health and Wellbeing Team that supports the foundation and bachelor's degree dance students in performance enhancement and rehabilitation; moreover, she teaches Pilates for the Associate Spring and Summer Courses. Additionally, she teaches online Pilates for dancers classes for DanceX – an online platform specialising in dancers' training based in Miami, Florida. As BASI Pilates faculty, Markella teaches the BASI Pilates Comprehensive and Mat Teacher Training Courses internationally. She created the Advanced Education Certificate Course 'Dance Conditioning with Pilates' for instructors who are interested in teaching dancers. She also created and teaches her workshops 'Foot - our base of support' and 'When and How to stretch - the benefits of different stretching techniques', both appropriate for dancers and the general population.

### **Stamatis Mourtakos, MSc, PhD (c), CISSN**

Stamatis Mourtakos, is an Ergophysiological specializing in Sports Nutrition. A graduate of National and Kapodistrian University of Athens, holder of a Master's Degree in Sports Nutrition from the Department of Dietetics and Nutrition of Harokopio University as well as a Doctorate in the wider field of Applied Dietetics - Nutrition of Harokopio University. He is a Post-doctoral researcher at the Department of Molecular Physiology, School of Medicine, UOA, and at the same time he is studying for his second Doctorate in the field of Psychophysiology at the 1st University Clinic of the Aeginethe Hospital of the Medical School of Athens. He is a Certified Sports Nutritionist (CISSN), from the global community of sports nutrition (International Society of Sports Nutrition) and in recent years he has been a scientific associate and lecturer at TEFAA Athens, University of Athens. He is an Air Force Officer and Head of the Sports Education Department at the Air Force Non-Commissioned Officers School (SMYA). He participates in research programs of the special forces (OYK) and operational staff of the Navy, regarding the investigation of human limits under increased stress conditions. He also collaborates with high-level athletes in many different sports, while systematically dealing with the training of professionals in the field of sports nutrition, having given many speeches related to the wider scientific field of Nutrition & Exercise

### **Christopher Hinton-Lewis, Msc**

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Chris completed his professional training at English National Ballet School, where he regularly performed with the company. As a professional ballet dancer, Chris was Principal Dancer at Northern Ballet. Whilst performing with the company, he worked closely with a number of different choreographers including David Nixon, Christopher Hampson, Cathy Marston, Val Caniparoli and Mark Godden. Chris was guest Ballet Master for Northern Ballet, and has guest taught for Matthew Bourne's New Adventures and Wayne McGregor Random Dance. Chris holds a BSc (Hons) in Sports and Exercise Science from the University of Leeds and completed a dance science research internship at Griffith University in Brisbane, Australia. This experience improved his understanding of how sports science can enhance dance, from both a technical and injury prevention point of view. Chris is currently a faculty member at Central School of Ballet, is currently studying for a MSc in Strength and Conditioning, continuing to pursue his passion for research in dance.

### **Imogen Aujla, PhD**

Imogen Aujla is a freelance dance psychology researcher, lecturer, and life and wellbeing coach. She originally trained as a dancer before specialising in dance science and later dance psychology. She has a PhD in dance psychology and a Diploma in Cognitive Behavioural Therapy. Prior to going freelance, Imogen was a Senior Lecturer in Dance and Course Coordinator of the MSc Dance Science for 10 years at the University of Bedfordshire. Imogen's research interests include psychological wellbeing among dancers, talent development, inclusive dance, and the working lives of dance freelancers. As well as her project-based freelance work, she is a regular guest tutor on the MAS Dance Science at the University of Bern, Switzerland, is a peer tutor for the UK mental health charity Mind, and is a member of the Mental Health Advisory Group of the International Association for Dance Medicine and Science. She has published over 30 peer-reviewed journal articles and book chapters, and has presented her research internationally.

Under the auspices of the Embassy of Switzerland in Greece

### **About Flux Laboratory Athens**

Founded in 2003, Flux Laboratory is an experimentation laboratory originally based in Geneva, working closely with Fluxum Foundation. Flux Laboratory produces transdisciplinary artistic projects and experiments with new creative and collaborative processes. Flux Laboratory encourages synergies and since 2016, it supports and produces cultural projects in Athens under the auspices of the Embassy of Switzerland in Greece. As a hub dedicated to the development of projects related to body and movement, Flux Laboratory Athens develops and fosters artistic, social and entrepreneurial initiatives.

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