

## Healthier Dancer Programme Conference 2015: 'Strength and Conditioning in Dance: Power, performance and rehabilitation' videos



*Motionhouse dancers by One Dance UK, Dani Bower*

[Overview of the Healthier Dancer Conference 2015: 'Strength and Conditioning in Dance: Power, performance and rehabilitation'](#)

[Strength and Conditioning in Context: Greg Retter, Clinical Director, The Royal Ballet](#)

[Strength and Conditioning in Dance: Introduction to the theory Prof Matt Wyon, Univ of Wolverhampton](#)

[Integrating recovery into dance training: Dr Benjamin Rosenblatt, GB Hockey and EIS](#)

[Strength and Conditioning: Dancers' perspectives: Khyle Eccles, Hatsolo Hattunen, Brian Maloney, and Glenn Wilkinso](#)