

nidms
national institute of dance
medicine and science



Healthier Dancer Programme Online Webinar Series 1 Session 5: Five-week jump maintenance programme

with
Jason Boyle

29th June 1pm

6th July 1pm

13th July 1pm

3rd Aug 1pm

10th Aug 1pm



Dani Bower Photography ©2020, Dancers: Berta Contijoch and Chris Knight, Company: Motionhouse

The background features a dark blue gradient with a subtle starfield pattern. On the left side, there are several overlapping circular elements. A prominent one is a large circular scale with tick marks and numerical labels from 140 to 260 in increments of 10. Other circles include dashed lines, solid lines, and arrows, suggesting a technical or scientific theme.

AUTO-SUGGESTION TECHNIQUE

AN INTRODUCTION TO A COGNITIVE TOOLBOX

WHAT IS AUTO-SUGGESTION?

Auto suggestion is a self-administered practice that transfers ideas directly from your conscious brain to your sub-conscious.

*“Every thought entirely filling our mind becomes true for us and tends to transform itself into action.”
Emile Coué (1922)*

A BRIEF OVERVIEW

- Eastern practice dates back over 2000 years - Tibetan Buddhism & Lucid Dreaming & Dream Yoga
- Buddhist Intention rituals “**San-kal-pa**” *an intention formed by the **heart** and **mind** -- a solemn vow, determination, or **will**.*
- **Lucid Dreaming** - A **lucid dream** is a **dream** during which the **dreamer** is consciously aware that they are **dreaming**.
- Discovered in the west in early 20th century by Emie Coué (pharmacist) closely related the practice to HYPNOSIS & PLACEBO EFFECT & WILL

MY EXPERIENCE & HOW IT CAN BE A USEFUL TOOL

- Creative practice (choreo)
- Personal development (Bike test)
- Self awareness (communication)
- Professional development (MSc)
- Lucid Dreaming (recall)
- Physical achievement (15min plank)



HOW TO DO IT?

#3 SIMPLE STEPS

WRITE IT

“I’M STRONG, POWERFUL AND FOCUSED, I CAN ACHIEVE MY PERSONAL BEST IN A 10 MINUTE PLANK”

SAY IT

"I'M STRONG, POWERFUL AND FOCUSED, I CAN ACHIEVE MY PERSONAL BEST IN A 10 MINUTE PLANK"

THINK IT

“I’M STRONG, POWERFUL AND FOCUSED, I CAN ACHIEVE MY PERSONAL BEST IN A 10 MINUTE PLANK”

RULE OF 21

“I’M STRONG, POWERFUL AND FOCUSED, I CAN
ACHIEVE MY PERSONAL BEST IN A 10 MINUTE PLANK”

PRACTICAL WISOM CHECKLIST

- POSITIVE IMAGERY (Power poses)
- POSITIVE SELF TALK
- AUTO-SUGGESTION

NEXT WEEK WE WILL ATTEMPT THE 10 MINUTE PLANK USING ALL OF THE ABOVE + DAILY PRACTICE REMINDER!



THANK YOU

ANY QUESTIONS?

DANCE_FITNESS_THERAPY

REFERENCES

1. Coué, Émile, (1857-1926)
Self mastery through conscious autosuggestion.
New York : Malkan Pub. Co., 1922
2. Rob Nairn (2004) - Living, dreaming, dying – practical wisdom from the tibetan book of the dead –
Kairon press : Kalk bay, 7990
3. Malcom Godwin (1994) The Lucid Dreamer: A Waking Guide for the Traveler Between - Simon &
Schuster; First Printing edition

Attend our
upcoming webinars

Returning to Dance

Tuesday 4 August, 1-2pm

Considerations for children and young people returning to dance

To register: [click here](#)

Thursday 6 August, 1-2pm

Physical and mental preparation for returning to dance: Part 1 Mental health and injury management

To register: [click here](#)

Friday 7 August, 1-2pm

Alternatives to face to face: outdoor activity, blended learning, and addressing digital poverty

To register: [click here](#)

Friday 14 August, 1-2pm

Physical and mental preparation for returning to dance: Part 2 Nutrition and fitness

To register: [click here](#)

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