



Rosa Vissers

Teaching philosophy

Dance is a language that allows us to connect with ourselves and one another; it invites us to bring our whole self to full expression in the present moment. As a teacher I create an atmosphere where students can safely experiment and discover their own creativity, while also developing a firm technical and anatomically sound foundation. I draw from a wide variety of methodologies to explain dance technique, dance history, dance as a force within culture, experiential anatomy, and the creative process. Students are stimulated physically as well as intellectually through one-on-one feedback, partner exercises, writing assignments, and class discussions.

Through my own enthusiasm, I strive to awaken curiosity and excitement about dance as a profession, art form and community builder. I hope to instill a lasting dedication to the dance field within my students and aspire to help students be critical, unique and articulate dancers, choreographers, teachers, scholars and dance supporters. My dance technique class reflects my eclectic background, and is supplemented with Yoga as well as principles from other somatic practices.

My teaching style is lighthearted, energetic and compassionate, while expecting full commitment and wholehearted effort. I offer students clear goals and objectives, but also make sure students develop the skills to take responsibility for their own learning and growth. In my creative work I invite the dancers to become closely involved through movement contributions as well as their thoughts and feelings about the choreography. I enjoy collaborating with other artists and bridging different disciplines within the arts.

My enthusiasm for dance will impel me to continue investigating and exploring my relationship to the field and the world. I believe excellence in teaching can only be achieved if I continue to develop myself as an educator, performer, choreographer and human being. As a teacher I think I am the one who learns the most. Ultimately, good teachers are good students too.