

Issue 5

DANCE BOSS



Issue 5
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by
Emily
Sophie

WELCOME TO THE DANCE BOSS E- ZINE



*"Lose yourself in the
movement...find yourself
in the magic"*

*-Emily Sophie
[@iamemilysophie](#)*

Hi there and welcome to the Dance Boss e-zine. My name is Emily Sophie and I'm the founder of Dance Boss.

This e-zine aims to provide you with tips and advice about all things self care, mindset, wellness and personal development, as well as giving you an insight into the minds and lives of amazing professionals in the industry to help inspire and motivate you in your own life.

Each issue we also recognise a 'Dance Boss of the month' where we celebrate someone in the dance world who has been nominated by their friend/peer/teacher etc and take a peek into their life as a dancer and their love of the art form. This is your chance to go and show them some love and make new friends!

To find out more and stay up to date with news and events, head to www.dance-boss.com and on Instagram @dancebossuk
Feel free to come and say hello to me on Instagram at @iamemilysophie

Be consistent.
Stay tenacious.
Always persevere.

Emily Sophie

DANCE BOSS



BODY CONFIDENCE

with Emmalita.x

[@emmalita.x](#)

[Website](#)

Hi, I'm Emma and I'm a body confidence photographer. I photograph mostly women but I'm happy to include anyone who wants to feel empowered. My mission is to change the narrative we have about our bodies and break down the pointless stereotypes of beauty.

I started my business, Emmalita.x because I love to photograph people. My first few clients were dancers, I loved how they moved like they were in complete harmony with their phenomenal bodies. I was quite surprised then, when I realised that dancers have similar body hang ups, the way ordinary mortals like me do.

I looked more closely at the people (mostly women) around me and how they felt about their own bodies. I learned quite quickly that body confidence is definitely more of a mental health issue than a physical one. Years of being told you need to fit a standard takes its toll, even on those whose bodies are their profession. The hours upon hours of work put in to develop a skill can be diminished with a quick "you don't look the part".

My photography has developed, and alongside my blogs, it has become more of a movement about the importance of body neutrality. I love seeing people who approach their body confidence journey from all sides. Some will be on the beginning of their journey towards body acceptance and others will be further ahead in the love of their bodies. I have yet to meet someone who is truly in love with their own body.

In my blogs I talk about the many issues we face about accepting ourselves in terms of our body types. I also talk about the objectification and sexualisation of our bodies. Something that most of us will face at some point in our lives. And make us feel less than human. Possibly more so for dancers. Your bodies are your profession, and at times you may be quite quickly judged on your appearance. Your talent and personality make up a big part of who you are as a person. Unfortunately it can feel further down the list of requirements when auditioning. I can't imagine the toll this must take on your mental health. Is it hard for you to separate your work life from your personal life?





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When I feel overwhelmed about my work I take my phone and go for a walk. I take photos of things I like, things that have no meaning or artistic merit. Just clouds or rubbish in the street. It's like a cleanse, I'm doing something for me that is connected to my passion but it has no purpose or goal.

Constantly existing in a space that requires effort to maintain it can be exhausting.

I hope you give yourselves permission to enjoy and take ownership of your own bodies. I believe you are so much more than your body. When you take ownership of that you become unstoppable.

Here's to the power of being a Queen!!

Love Emmalita X

P.S. You have the power to be kind to yourself.

Emmalita X



RECIPES

with Hannah Burton
IG [@_hannahburton](https://www.instagram.com/_hannahburton)

Get ready for pancake day this February, with this yummy (and healthy!) pancake recipe!

INGREDIENTS:

A dollop of coconut oil for frying the pancakes
2 Eggs
1 Large banana
2 tbsp Nut butter (Almond or Cashew nut work well)
1 tsp Cinnamon
2 tbsp Coconut flour
1/2 tsp Baking soda
A splash of plant-based milk (almond, coconut or oat milk etc)
***The batter should be pretty thick – but if it's TOO thick you may need more milk – if it's too thin a little more flour.**

METHOD:

- Mash the banana up with a fork until it forms a soft gooey paste.
- Add the eggs and nut butter to the mixture and combine well.
- Mix in all the other ingredients until you have a batter-like mixture that is pretty thick, but still slides off the spoon.
- Melt a dollop of coconut oil in your frying pan, and make small, thick American style pancakes. As soon as small bubbles start to appear on the top of the mixture you should flip the pancakes over to cook on the other side.
- Once cooked it is time to pimp your pancakes with your favourite toppings such as; fruit, berries, honey, maple syrup, mixed nuts, cinnamon, or even dark chocolate shavings.

ENJOY!

Hannah Burton
Founder of Wellness Manor
The home of optimised health and happiness



MINDFULNESS

with Viv Speers

[@yogawithviv](https://www.instagram.com/yogawithviv)

www.beintuit.com

Photo by [@inaraa_yoga](https://www.instagram.com/inaraa_yoga)



Mindful Steps into Being You.

'Freedom for all' has always been my mantra. Not just because I want to push against dictatorship or peer pressure on social media, but moreover because I believe in freedom within. Liberating ourselves from self judgement, negative self talk, anxiety or ruminating over past events that lead us down the rabbit hole. To be free is to know ourselves above and beyond any human construct, to express ourselves without limits, to rise above judgement. The key to all of this is intuition.

It was this mantra that drove my passion for sharing intuitive insights and becoming a certified yoga and mindfulness teacher, guiding for the last 10 years in Sydney, New York and now London. So it will be no surprise to you that the quote: 'Dance like nobody's watching' is a favourite of mine and I love to use it in both the literal and metaphorical sense.

How fabulous we feel when we hear a piece of music that makes us want to let go and before we know it we are moving freely without even thinking about it. We feel light, uplifted and completely in the present moment with no inhibitions. This is intuitive movement with nobody telling us how. And it's not only the best feeling in the world - but it's the closest we get to who we ARE. For that moment or for as long as the music track lasts we are free from conforms, ideals, social pressure - and even a little lost in time because there are no boundaries. Time becomes infinite. This is the beautiful synchronicity of the mind body connection in motion. Moving this way is the 'doing' that becomes the 'being' although, the being - our true unconditional self, was there all along. So how can we bring that 'being' into our everyday life?

Mindfulness starts and ends with awareness and being aware is simply noticing everything - emotions, sounds, thoughts, feelings, energies, around you, within you, outside of you, right here, right now so that you are living in the present moment, following the natural flow of life, on purpose. It's the 'on purpose' which is the intended focus that keeps you aware and in the now. So it's almost impossible to be present 24/7. That's just exhausting! But the more you practice snippets of awareness throughout your day, the practice grows and before you know it you will be far more aware of the every day than you ever were, and without too much effort.



MINDFULNESS

with Viv Speers

[@yogawithviv](https://www.instagram.com/yogawithviv)

www.beintuit.com

Photo by [@inaraa_yoga](https://www.instagram.com/inaraa_yoga)



There are many things you can do to harness the here and now. Let's start with that dancing around your living room and the joy you felt. Where did you feel it in your body? How did you feel right before you took to the floor? Excited? A rush of energy? What part of your body felt light? How were your emotions? Were you so lost in the moment that you noticed you were totally present, absorbed by the music and the dance...

Noticing how our body responds to how we show up in life no matter what situation we may find ourselves in, can give us the insights we need to 'respond' to situations rather than (knee jerk) react. And that awareness is the practice of mindfulness.

When we understand that the breath follows the mind and the mind follows the breath, we can become the captain of our own ship. If we slow down the breath, then we slow down the mind - particularly if you make the out breath longer than the inhale. If we speed up the breath and take in too much oxygen (panting) then this has the reverse effect, and can kickstart the stress response. An ideal balance is 'vagal breathing' where we can breathe in for say 4 or 5 and out for 4/5. This balances the stress with the relax response. In other words, we need both and ideally in equal measure.

Wherever you are, close your eyes. And notice 3 things:

1. First notice your breath - just as it is now without you having to do anything to change it. Don't be tempted to breathe a certain way, and just accept how you are breathing right now. If you are nervous and you feel your breath is quite fast then this first exercise will help to slow it down.

Breathe in slowly for a count of 6 seconds. Hold the breath for 4 seconds and then let the breath out slowly for 7, 8, or 9 seconds. Then repeat this 4 more times, so that you have done the cycle 5 times. Then take a break. The breath exercises are what we call 'conscious breathing', and over time it can be tiring, so take that break.

2. Enter the chill out lounge. Let go of the counting now and let your breath recover back to its norm. With your eyes closed, take your awareness to the back of your eyelids and notice what you can see there. It will depend on the amount of light in the room at the time, but whatever it is, go with it and watch the colour/changing shape/patterns behind your eyelids.





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3. Spotlight. Now imagine shining a spotlight on various parts of your body. You might like to start at your feet, sensing the toes, the heels, ankle bones, calf muscles, the insteps..and then try the idea of softening into each part. Try not to move the body, just see if you can sense each part from the inside. Scan from the feet to the head, softening, relaxing as you go and every now and then, returning your awareness to the back of your eyelids, your chill out zone. Repeat 1, 2 and 3 as many times as you like.

When any thoughts come up - which they will with any of the above, just notice them and then gently take your focus back to where you left off. Do that as many times as you need to. It's the noticing that is the mindfulness - that's the important part. So congratulate yourself when you notice your thoughts taking over, and know that it's all part of the practice. The more you do it, the more you are becoming aware. The trick is not to get stuck in the narrative of the thought and return to the focus instead, and then make your focus the space between each thought and let your challenge be expanding that space.

This chill out zone is all yours. It's unique to you, so embrace the freedom within.

You can find me at www.beintuit.com or insta: [@yogawithviv](https://www.instagram.com/yogawithviv)



THIS MONTH WE CHAT TO

ALEX WONG

IG/TIKTOK @ALEXDWONG
WWW.THEALEXWONG.COM

Hi Alex, thank you for being here today! We are very excited to chat to you. Can you start by telling us a bit about yourself and how you got into dance?

I technically started dance class when I was 7 but I actually started performing for my family when I was about 5. I would bring my family in the bedroom, turn off all the lights, hand my dad a flashlight and say "spotlight me", then I would perform for my family. For a few years my parents would always ask me if I wanted to dance, but my answer was always, "no, dancing is only for girls". After a few years of convincing, my parents struck a deal with me. They said they would bring me to a local dance school year end show and if I still didn't want to dance after that, they wouldn't ask me anymore. I saw some boys on stage and I guess the rest is history! I started with jazz and tap.

What has been the best piece of advice you've ever been given in the dance industry?

Be versatile and have a good attitude.

What has been the biggest lesson you've learned as a dance professional?

BE VERSATILE AND HAVE A GOOD ATTITUDE.

If you could go back in time and give your younger self some words of wisdom, what would they be and why?

I actually don't think I would say anything to myself. I think that the struggles I went through as a child made me who I am today and I don't think I'd like to change any of that or lose experiences because of that. With that said, if I could live a double life in an alternate universe, I would spilt my younger self in 2, and tell the other twin to study a lot in hip hop and ballroom as well and then see where that takes me.



Photo: @omarzobles

THIS MONTH WE CHAT TO

ALEX
WONG

IG/TIKTOK @ALEXDWONG
WWW.THEALEXWONG.COM

What advice would you give to a budding dancer?

Don't limit yourself to one dance style. Work hard if that's what you really want, it's not going to be an easy road ahead. Have a good attitude. That is probably one of the most important things to getting rehired.

When you're not immersing yourself in the dance scene, where would we find you?

Immersing myself in bubble tea (boba). Haha, actually I really like traveling but obviously I haven't been able to do much of that lately. I love dining out and spending time with friends. I also love markets. Any kind of markets, selling anything.

What do you love most about what you do?

I feel so lucky that I'm able to actually make money from doing something that I really love. That's not to say "I've never worked a day in my life" - it's certainly a lot of hard work, but I really like performing and it always feels worth it in the end. It makes me feel good to dance, and I love sharing with everyone.

*"Be versatile and
have a good
attitude"*
-Alex Wong



Photo: [@collettemruk](https://www.instagram.com/collettemruk)

THIS MONTH WE CHAT TO

ALEX WONG

IG/TIKTOK @ALEXDWONG
WWW.THEALEXWONG.COM

Dancing must bring you lots of exciting opportunities, can you tell us about your most memorable ones?

I have quite a bit of great memories, that it's tough to just pinpoint a few but I'll try to narrow it down to a few milestones.

American Ballet Theatre - My first professional job after I graduated high school was actually made possible because I won the prestigious international ballet competition 'Prix de Lausanne' which allowed me to choose basically any company of choice in the entire world. I moved to NYC to join ABT studio company and that was the beginning of my professional career. The bulk of my ballet career was however spent at Miami City Ballet for 5 years where I was a principal dancer by the time I left the company.

So You Think You Can Dance - After spending years in the ballet world, I really missed the other forms of dance that I had studied in and that's what drew me to SYTYCD. That was definitely one of the highlights of my life even though eventually as one of the Top 7 finalists, I had to withdraw from the competition because I snapped my Achilles tendon. I have recovered fully though and have since returned as an All Star for several years. SYTYCD was what launched my career in commercial dance and social media.

The Greatest Showman - I have done a lot film and TV, however this particular movie was definitely one of my favorites that I had worked on. It had such an impact on people and we were such a big part of the movie. We worked on the movie for about 8 months and the reception to the movie was incredible.



Photo: [@brianjamie](https://www.instagram.com/brianjamie)

DANCE
BOSS
OF THE
MONTH

[@kelly_marie_wheeler_dancer](#)
Photo by [@robertovivancos](#)

Kelly-marie Wheeler

Kelly first started "training" aged 14 where she joined a musical theatre school where she studied dance, acting and singing. After a while Kelly decided that dance was what she loved the most and went down that route. Kelly's first ballet lesson wasn't until she was 18 years old and at college!! Kelly didn't even go to a "dance college", she went to a "normal" college and did a BTEC national diploma in dance, there was no plan exactly after that. Kelly started teaching at where she had trained and then was invited by a friend to go to an audition with her. "I didn't have a plan. I didn't grow up thinking I am going to dance and travel the world. I grew up listening to music and dancing at home but I didn't go to dance, it was just something my family couldn't provide".

At the audition there must have been around 500 at least performers auditioning, it was for Disneyland Paris! "I just went along (deciding last minute the night before to actually even go) and I got the job!! I just thought to myself that so many people auditioned and wanted the job and I was one of the few who did, I should take it!" It was the best experience!

After that contract Kelly did think about going to a dance college to get some more training, she auditioned for and got into Tiffany Theatre College but decided that as she had already worked in the industry, she would just keep auditioning and see what happened.

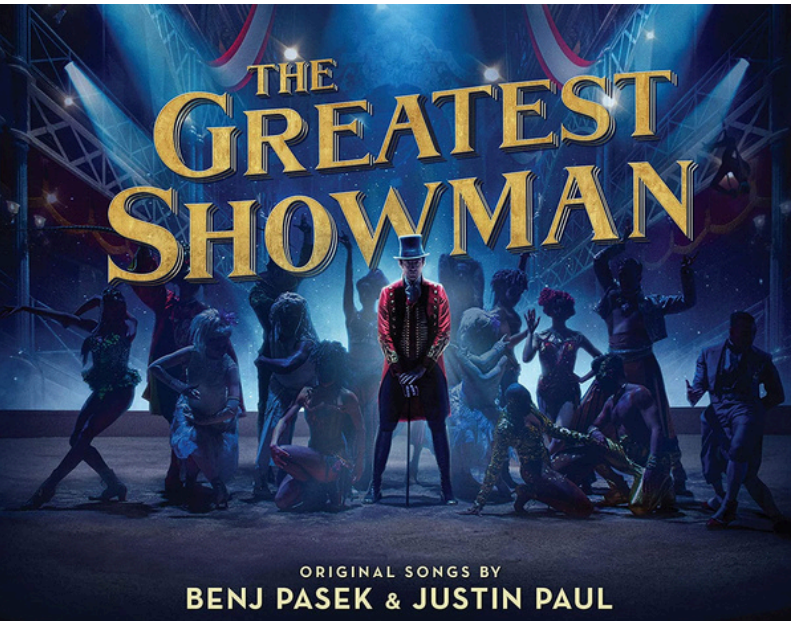
For the first part of her career, she worked in cabaret shows in theatres and casinos in Greece, Portugal, Italy, India and of course her favourite destination, Singapore!! Where she was a dancer/understudy and Swing for danze fantasy's production of Incanto at Resorts world, Sentosa.

In 2013 Kelly decided to try for a ship where she got a contract for Star Cruises where the home port was Hong Kong! Other cruise companies Kelly has worked for include Ponant, MSC, Costa, Tallink and Princess Cruises where destinations have included Asia, Europe, Africa and Australia.

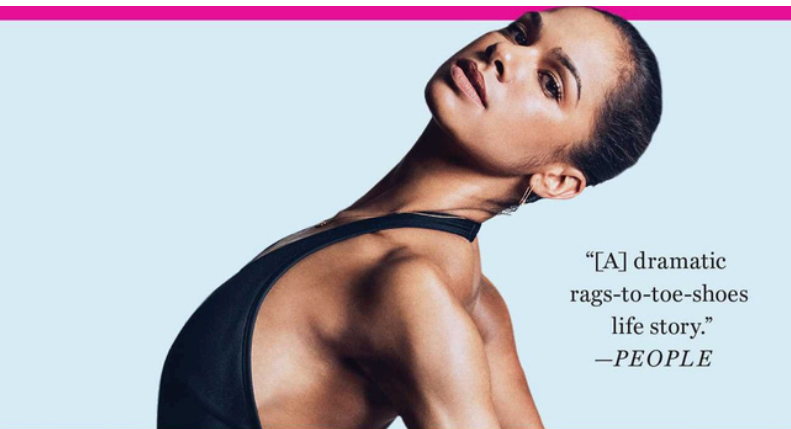
"I feel so blessed to have had the career I have had so far! It's almost as if I "fell into it" but I was hugely dedicated from the start. I would take myself to rehearsals all over London from age 14, I would rehearse every night and all-day Sundays. I think it is important to be passionate about what you do no matter what it is in life otherwise you won't go far with it". It wasn't until my 4th or 5th contract that I even thought to myself oh this is what I do now, I felt like each job I got was "by chance". This year has been tough for Kelly who is so used to travelling around, to staying home and in one place she has felt very resistant to it all. There has been a rollercoaster of emotions but Kelly thinks that after 12 years of non-stop working perhaps this is what was needed (although not wanted!). This year has been a good time to pause, reflect and remember why we all started!! Kelly has been to over 40 countries and cannot wait to start travelling again. There is so much more to see, places to explore and dances to dance!

FIND YOUR INSPIRATION

DANCE BOSS
THE E-ZINE FOR
DANCERS



Catch our very own cover star Alex Wong in the incredibly inspiring and delightfully uplifting film "The Greatest Showman" featuring the fantastic Hugh Jackman too!



Check out Misty Copeland's book "Life in motion" over on Amazon [HERE](#). You can also find Misty dancing in the film The Nutcracker and the Four Realms.



If you love listening to podcasts, then check out "The Kevin Clifton Show" [HERE](#). Kevin was a professional dancer on Strictly Come Dancing and interviews some fantastic guests on his podcast.

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