

Issue 3

DANCE  
BOSS

Special  
Christmas Edition



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by  
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# 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](http://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

# EMOTIONAL EATING

with Georgina Gorringe

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In 2015 my comfort eating habits got out of control and developed into a binge eating disorder. I was compulsively bingeing on large amounts of food every evening and food was constantly on my mind. At the time I thought I was the only person who had this strange thing about food. I didn't understand why I had this obsession with eating. I was out of control, it felt like I'd given up. I gained weight and my self-esteem hit the floor.

I thought I was unhappy because of how my body had changed. When in reality, the problem began before I gained weight. Otherwise, I would have never developed these disordered eating habits. If you can relate, then you might believe that losing weight will solve everything. You may also look for the quickest methods to lose body fat. I know because that's exactly how I felt and what I did. However, these methods are short term "quick fixes" that never create long term change.

Now I know that this compulsion to eat was a message. It was a sign that something within me needed my attention and needed healing. To heal my relationship with food, I had to heal my relationship with myself and my body. Everything changed when I stopped looking for the next workout or meal plan. Instead I decided to understand myself and my habits more. I no longer turn to food for comfort or feel the urge to binge. I worked out how to break this habit and better support myself.

I now coach women online through my signature 90-day program, the Binge Free Method. The program helps women end emotional & binge eating and feel confident in their bodies, without dieting!

**Here are the 4 steps you need to take to stop obsessing over food & your weight:**

## 1. Keep it Simple

You don't have time to track everything you eat or count calories. Plus, is this how you want to live your life? Food can be SO simple but first you've got to stop jumping from diet to diet. Take the power back and do it your way.





# EMOTIONAL EATING

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## 2. One Thing at a Time

The usual approach is to do a complete overhaul of your habits over night. But let me ask, how's that been working out for you so far? Take the pressure off and focus on building one new habit at a time.

## 3. Do What Makes You Happy

Your relationship with food is linked to your relationship with life. Zoom out and take a birds eye view of your lifestyle. How much of your week do you spend doing things just for you, things that make you feel good? If you're struggling to find one thing, start prioritising your well-being over weight loss.

## 4. Observe Yourself

The key to ending binge eating is to understand yourself and your habits. Instead of searching for the next diet or meal plan, go inwards. When you begin to question why you do the things you do, you'll find the answers & solutions.

If you're struggling with binge eating & want to regain your confidence, head to [udou.teachable.com/p/free-online-course](https://udou.teachable.com/p/free-online-course) and get my free online course on how to stop binge eating. You can also follow me on Instagram at [@georgina.udou](https://www.instagram.com/georgina.udou) for more free trainings, advice and support.







# WELLNESS

with Gillian Kennedy

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I'm Gillian Kennedy, a registered Naturopath, Nutritionist, Herbal Medicine Practitioner and Yoga Instructor. I'm the founder of Wellness Gypsy and I'm passionate about nutrition, being active and outdoor life. I suffered for years with digestive issues like bloating, constipation, diarrhoea, gas, you name it. For years I just thought this was normal until I started studying, improved my diet & lifestyle, started regular detoxes and used herbal medicine and some supplements to heal my digestive system. Unfortunately in this day and age, we are stressed, eating on the run, and many of us are distracted while we're eating.

Here's 4 Healthy Digestive Habits I use with my clients to help improve your digestive issues and keep your gut happy:

## 1. SIT DOWN TO EAT

When you eat standing up, the food passes through your digestive system 30% faster than when you're sitting down. You might think this is a good thing. IT'S NOT! When your food passes through your digestive tract faster, it means that it's not getting properly broken down and therefore you're not absorbing as many nutrients. This can lead to many issues, including bloating, inflammation, gas, and malnutrition.

Eating sitting down also allows you to be more in your Parasympathetic Nervous System (PNS) or Rest + Digest mode. When you're standing up eating, generally you're eating fast, you're on the run and probably more in your Sympathetic Nervous System (SNS) or fight + flight mode. The digestive processes get shut down in fight + flight mode.

Sitting down promotes eating in a more relaxed state, compressing the digestive organs as well as promoting bowel movement and helps us to eat slower.

## 2. BE PRESENT WHILE EATING

Think about the last time you were REALLY present while eating a meal. When did you last focus on the food in front of you, really taste each bite without watching TV or scrolling through Emails, Instagram or Tik Tok?





## WELLNESS

with Gillian Kennedy

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The other pandemic which has been going on for a few years and is only getting more and more severe and worrying is the social media & smart device pandemic. We are almost always on our devices, checking social media = NOT in the present. We're eating and doing many other things completely unconsciously. I encourage you to try eating your meals using all of your senses.

Being more present and letting go of these distractions (which are often stressful) helps bring your nervous system back into the rest + digest mode (PNS). It helps you relax and brings you out of stress mode. How often have you opened an email while eating that stresses you out or seen something on your phone that maybe wreaks havoc with your nervous system?

Try this for a little Mindful Eating Practice:

- ✓ Start by giving gratitude for the nourishing food in front of you
- ✓ Think about the journey that food has taken to get to your plate
- ✓ Become aware of all the colours and textures on your plate
- ✓ Bring a fork full of food to your nose and smell it
- ✓ Put the food in your mouth and notice the sensations in your mouth, the textures, the taste
- ✓ Chew your food well and stay mindful to how the texture changes and what happens inside your mouth the more you chew

### 3. CHEW WELL

This brings me to the next healthy digestive habit. C-H-E-W!

So simple but so overlooked by so many. As with the standing up to eat, we are normally eating in such a rush, shoving our food down, eating mindlessly, that we're not properly chewing our food.

It's recommended to chew 30-40 times per mouthful. I know it seems a lot but this is a very important practice to improve your digestion and take the load off the other digestive processes.



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Digestion starts in your mouth. You start breaking down carbohydrates & fats with the enzymes amylase & lingual lipase that are found in your saliva.

If you're not chewing enough, you're not breaking down your food enough. Basically you're asking your stomach to then take on the load of digesting the food more than it should.

If your stomach doesn't have enough hydrochloric acid then it won't be able to fully break down the food either, so then it's all on your small intestine. Bloating, indigestion? Eating too quickly and not chewing enough will do that to you! Instead of going for that bottle of Pepto Bismol, try chewing more first and eating slower.

#### 4. EAT SLOWLY

As mentioned above, this goes hand in hand with chewing. When you eat fast, you generally don't feel as full and it can make you want to keep eating. This is because the message doesn't have the chance to get from your digestive tract to your brain to say it's full and doesn't need anymore food for energy. The brain still thinks you're hungry and hormonal processes don't work optimally to let your brain know you've had enough.

And yes, our gut and brain are connected! The vagus nerve is the main nerve connecting the gut-brain axis.

Normally when you're eating slower, chewing properly, more present and sitting down to eat you're in your PNS so the digestive processes are turned on and digestion will work more optimally and there's less chance of suffering from digestive symptoms.

**If you're suffering from digestive symptoms, I recommend trying these 4 healthy digestive tips first for at least 5 days, before you consult a doctor, practitioner or take supplements, to see if it makes a difference.**



# FINDING FLOW

with Sarah Gregg

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

<https://findyourflowthebook.com/>



As a dancer you've probably experienced the magical state of consciousness psychologists call flow. It's where you and the music become one. As action merges with action, each move folds seamlessly into the next without conscious thought. In flow your sense of self disappears, the inner critic is silent, time distorts, and you feel totally engaged in the moment. It's these moments of 'being in the zone' that psychologists term flow. Flow is defined in psychology the 'total engagement in life', it's where we feel our best and perform our best.

I'd like to invite you now to take a moment to reflect back on when you've felt in flow. Notice how these moments of being in flow provided the most enjoyable and powerful expressions of your talent. Flow is where we as human beings thrive as we fulfil our unique potential and make our signature impact on the world. It's where we see what we first thought impossible, become possible as we explore the depths of our potential. And thanks to the extensive research by psychologist's flow is a state that we can control and create.

Here's some practical tips to help you find your flow:

-

**Assess your level of challenge:**

Research has found we feel in flow when our level of challenge is 'just right'. In other words not too challenging that it pulls us into a state of anxiety and not so easy that it leave us feeling bored and uninspired. The challenge should be achievable yet stretch your skills to the next level.

-

**Recognise when you feel in flow:**

Perhaps you enter flow in a particular style of dance. Maybe you can access the state more easily in the morning rather than the evening. Paying attention to the rhythm and pattern of our lives can help us uncover our own unique flow (top tip your evening reflection in your Dance Boss Journal will be a great place to note your flow patterns)







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### Set a clear intention:

Energy goes where attention flows and setting a clear intention helps put our chaotic thoughts in order so we can direct our stream of attention (again I'd encourage you to write down your intention in your journal at the start of each day).

Flow is unique to each of us and I believe our job is to find our flow. When we're in flow, we shine as our authentic selves, sprinkle that magic of our unique essence into our work and feel in greater harmony with the universe. I'd encourage you to find your flow and allow its energy to carry you to the next level, and then the next.

If you'd like some tips on living in flow you can follow me on Instagram over at [@thepowertoreinvent](#) or check out my book Find Your Flow at <https://findyourflowthebook.com/>



# THIS MONTH WE CHAT TO

## CHIO YAMADA @MISSCHIONYC

**Hi Chio! Thank you so much for being our December cover star! Can you tell us a little bit about yourself and how you got started in dance?**

Hi, thank you for having me! I didn't start young but I always loved watching idols on tv and mimicked them. Then when I got into high school, there was a welcome performance for the freshman, I saw baton twirling team perform on the stage, I thought, I want to do this!! Then I joined the team, did competitions, school festivals etc. After high school, I wanted to continue dance training, I started to go to a dance studio in Nagoya, Japan while I was in university.

**What do you love most about teaching dance?**

Sharing the love and passion of dance with my students. Also feeling the energy of dancers as well as seeing their smiles!!

**Your classes are always so popular wherever you go-what's your secret?!**

Aww!! That's really sweet..!!! Hmm..I try to give 150% every time I teach wherever I am, I also try to pay attention to everyone in a room...maybe they feel that and appreciate that..?

**What advice would you give to a young dancer who wants to be a dance teacher/choreographer when they grow up?**

Give 100% or more every time!! Also treat everyone with respect. You never know who will be watching even in class or outside classes...teachers, choreographers, studio directors, they want to work with the person who is a hard worker, respectful, and people who they can trust. Your hard work will be recognized eventually!



Photo: [@gumminyc](#)

# THIS MONTH WE CHAT TO

**CHIO  
YAMADA**  
@MISSCHIONYC

**What has been your best experience as a dancer/choreographer so far?**

My best experience as a dancer so far was dancing for the NBA team, NJ Nets (now it's Brooklyn Nets). Because that was my first job as a dancer in the US, it also opened up the opportunity to stay here to work as a dancer. Best experience as a choreographer/teacher would be traveling around the world for work.

**What is the best piece of advice you've ever been given in the dance world?**

Believe in yourself.

**Where do you find your inspiration for choreographing routines and performances?**

My feelings in the moment, as well as the beat or the lyrics of the music.

**When you're not dancing or teaching, where would we find you?**

In regular life when I'm not dancing or teaching..I'll be relaxing at home with my dog..!

*"Treat everyone  
with respect.  
You never know  
who will be  
watching"*  
**-Chio Yamada**



Photo: @gumminyc



DANCE  
BOSS  
OF THE  
MONTH

[@patrickconnolly](#)  
[@creativechaotraining](#)

## Patrick Connolly

Starting from the age of 5, Patrick has now been dancing for 16 years. Training with some of the top schools in Ireland he competed in all styles of hip hop across Europe and Ireland. He has a keen interest in choreographing and started creating dances at a young age, taking inspiration from his background in hip hop and interest in waacking dance.

After studying dance for A-level, Patrick started to explore contemporary dance techniques which led him to study at the number one university for dance research (Roehampton University) studying contemporary dance styles and researching vogue/waacking and hip-hop history and culture. Whilst studying at university, he competed and choreographed for the Roehampton dance team achieving top scores and best male at 6 competitions throughout the 3 years. Patrick recently graduated from Roehampton university with a first-class honour.

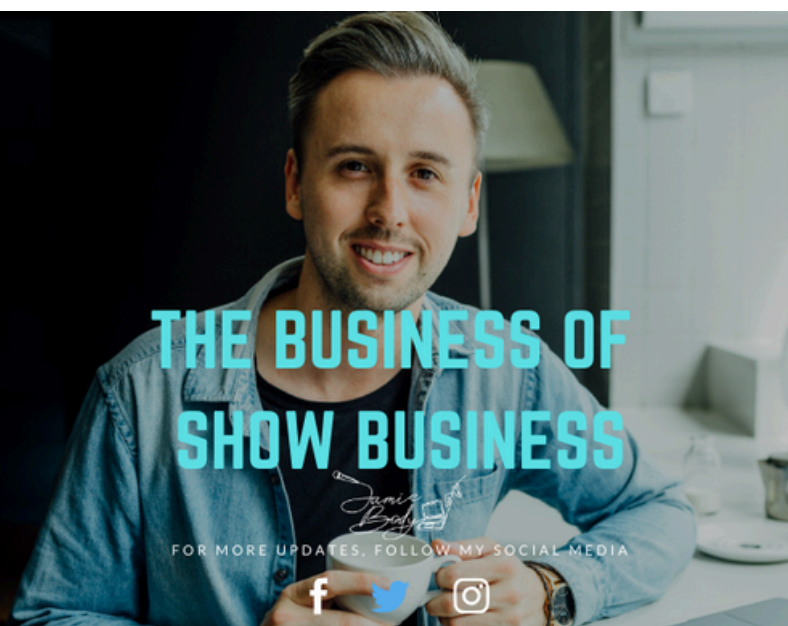
Patrick continues to compete internationally and has achieved such titles as hip-hop international Ireland 2v2 and varsity champions, All Ireland hip hop champion and Udo British champions and now does freelance choreography for teams and solos, while branching into different genres such as contemporary, lyrical and jazz. Patrick has worked with big brands such as Disney, Coca-Cola, Britain's got talent, BBC and Tayto and continues to work within London's dance industry. He recently started up a new training company called Creative Chaos which aims to train dancers to explore their own body dynamics and textures through a hip hop/contemporary lens.

You can keep up with Patrick's new projects and visuals on his Instagram [@patrickconnolly](#) and [@creativechaotraining](#)

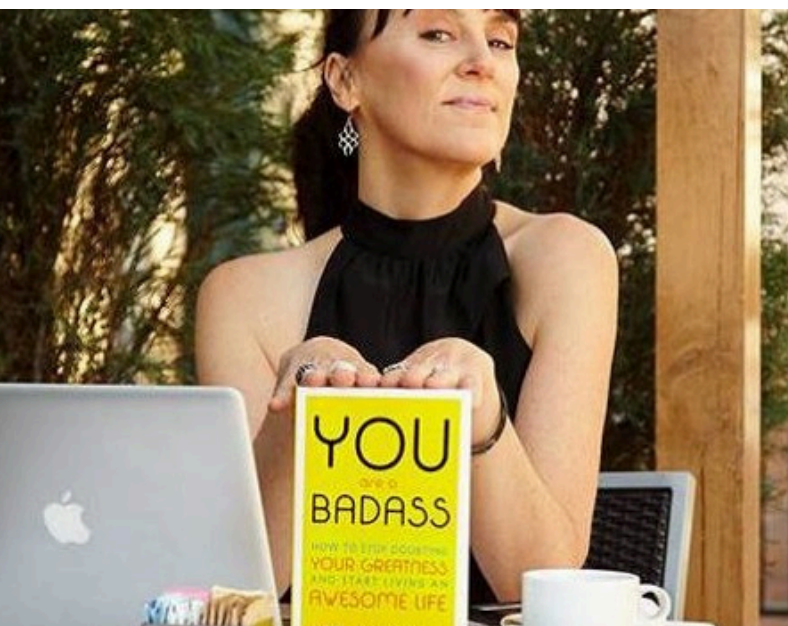


# FIND YOUR INSPIRATION

**DANCE BOSS**  
THE E-ZINE FOR  
DANCERS



The business of show business podcast with the lovely Jamie Body is a great listen for all dancers, performers and artists! Check it out [here](#).



End the year being a badass! If you need a kick up the booty, some seriously inspiring stories and a laugh a minute then check out Jen Sincero's "You are a badass" book [here](#).



Foam rollers are such a great piece of equipment for all dancers. They can help to relieve tight muscles and increase joint range of motion. Check them out [here](#).





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by  
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