

Issue 7

DANCE  
BOSS



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Cover: Angelina Alfaro  
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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



## ANXIETY RELIEF with Mental Health Practitioner Kathy

The times that I have heard that “we are living in unprecedented times”. Yes, we are. Most of us will never experience a year like this last one, and a largely uncertain few months to come.

Unfortunately, the levels of anxiety in the population will probably also be unprecedented.

One in four people experience anxiety, that’s one quarter of the population. Mostly, this can be attributed to the amount of stress we are experiencing. Stress in itself is not the main issue, what does exacerbate the situation is:-

How we perceive the stressor, could this be impacting us in a negative way.  
AND

The way we respond, our thinking then affects the body and our behaviour which affects our patterns of behaviour.

Some people accept the inevitability of stressors in day to day life and resolve it, or cope with it as it arrives. However, others will experience anxiety and often feel that they cannot cope, and are being taken over by this. For example the current situation may exacerbate anxiety because it is having an effect on our lives in general. We can choose to let it, and yes there are limitations on what we can or cannot do, but we can improve our situation. Whatever the stressor, you may perceive the situation as out of your control, overwhelming you with anxiety, which then increases your anxiety.

We cannot alter the stressor, but we can alter the way we respond to it.

It is important to remember that we cannot be anxious and relaxed at the same time, so, it stands to reason that if we can calm our thoughts we can then cope more productively.

What can we do to lessen our anxieties:-

Be mindful of our thoughts running away, as this is where the cycle begins. Learning to understand our thinking and our emotions will help to reduce our anxieties.

Find useful ways to employ time rather than focusing on negative thoughts, ie, going for a walk, listening to music, dancing, phoning a friend etc.





## ANXIETY RELIEF with Mental Health Practitioner Kathy

It's much easier to give in to the negative thoughts that come. Try looking up, and focusing around you. Go outward with your thoughts. Also talking to someone.

Relaxation. Remember, you cannot be relaxed and anxious at the same time, and, as you get better at relaxation you will become less anxious, as then you will have a tool to use when negative thoughts strike.

You can find relaxation music and relaxation techniques on social media. However, a simple one to begin with:-

Find somewhere to relax, sitting or lying, which supports your head. The object is to be mindful not go to sleep.

This may be difficult to start with, but as you know, practice makes progress!

Close your eyes, or if you find that uncomfortable, gaze at a spot before you. Then focus on your body and wriggle around to make sure that you are comfortable.

Then focus on one foot, try to totally focus on that foot. Then tense it and hold for a few seconds, then release. Then move to the other one, and do the same.

Work up the body until you finish with your face tensing, then let go, and for a few minutes note how comfortable you feel. Do you feel more relaxed.

Try again another time, and be mindful of how you feel when you have finished.

Some people prefer a guided relaxation, where someone instructs you what to do. Any relaxation is good, so try all.

The most important thing to remember from this is you cannot be tense and relaxed at the same time. So practice regularly relaxing. Perseverance will give you results.

Good luck! Kathy







## ASK THE DR

with Dr Samantha McElligott  
@theleadershipdr  
The Leadership Dr Blog

Email your questions in at [info@danceboss.co.uk](mailto:info@danceboss.co.uk) and get them answered by The Leadership Dr!

**Q.** I keep hiding at the back of my dance classes as I'm too afraid of putting myself out there and being seen. I know this isn't good for me to keep hiding, but I just can't seem to push myself forward.

**A.** That sounds like you might be in need of the 'be your own best friend' mantra! If your bezzie mate was telling you this wouldn't you want them to shine, shine, shine? Because isn't it worth doing the thing you love with all your heart to the best of your ability? If you have the option, wouldn't you tell them to just go for it?

It sounds like the main thing you're worried about is maybe looking a bit silly, or maybe making a mistake, or someone making an example of you. What is the worst that can happen here? You make a mistake? Someone laughs? Someone pushes back in front of you? Embarrassing, yes, but life destroying? Well, only you can CHOOSE whether you let it affect you that way.

I am Queen of embarrassment; I have gone out with concealer not rubbed in and spoken to a stranger; I have fallen backwards over a rock that I was sitting on in front of the group I was supposed to be teaching; I have sung on a stage and hit the bum notes. I am a Master at being laughed at. But do you know what, I laughed, too, and it made alllll the difference.

Yes, there have been one or two cowbags along the way who have enjoyed my mistakes, but what about all the others who laughed with me, who felt that maybe I was just a regular human trying my best, and therefore made them feel a bit more confident about boffing it up. So, get up there...or don't, it's your choice, of course, but wouldn't you like to see your best friend (that's you, by the way) have their moment? Just try it? After all, if we didn't try, we'd all still be crawling and not walking...





## ASK THE DR

with Dr Samantha McElligott  
@theleadershipdr  
The Leadership Dr Blog

**Q.** I've started getting really nervous before going on stage. I didn't used to be like this, but it's becoming a real 'thing' now and I don't know what to do. I'm scared one day I won't be able to go on at all.

**A.** Breeeeeeeeeathe, please breathe. Right now, as you're reading this. Breathe in for 4, hold for 4, out for 4, hold for 4, and then do it again. And again. Do it now.

How do you feel? Shoulders down now? Heart rate down? Teeth unclenched? Our magnificent bodies are beautifully equipped to help us when in need. We can use adrenalin to prompt better performance, we can produce cells to heal wounds, we can shiver to heat ourselves up, and we can breathe to relieve stress.

Before we start to even think about why this is becoming a 'thing', I want you to take control of your breathing. I guess that every time you even think about this you start feeling stressed, so for starters, we need to start associating this thought with better breathing. Ground your thoughts in calming breaths. It. Really. Works. Then, when you've done that enough times for it to feel better, I want you to think about why going on stage is so scary.

What is scaring you here? Because whatever it is, I want you to know something first: Fear and excitement are the SAME physiological response. You can tell your brain that this is excitement about going on stage, not fear of it. You can own the response, and not assume it's simply a bad thing. Isn't it exciting going on stage? Doing what you LOVE? That sure seems like excitement to me and my brain if I tell it that. Re-train those nerves into pre-show excitement.

Second, I'd like you to best friend the bejeezus out of this - imagine this, your best friend, whom you love dearly is standing backstage telling themselves it's fear, not excitement. What do you tell them? Do you encourage, soothe, tell them to breathe, tell them it's excitement, that this is what they were born to do, that this is a rare and beautiful opportunity? Or do you say nothing and just let the breathing go to pot, and let their brain stay with the 'fear' diagnosis? We really do have the opportunity to change what we say to ourselves, and how we use our amazing resources to damp down stress. I'm thinking it's time for you to take back control and go be a boss.





**NLP**  
with Kamran Bedi  
[@coachkamranbedi](https://www.instagram.com/coachkamranbedi)  
[kamranbedi.com](http://kamranbedi.com)  
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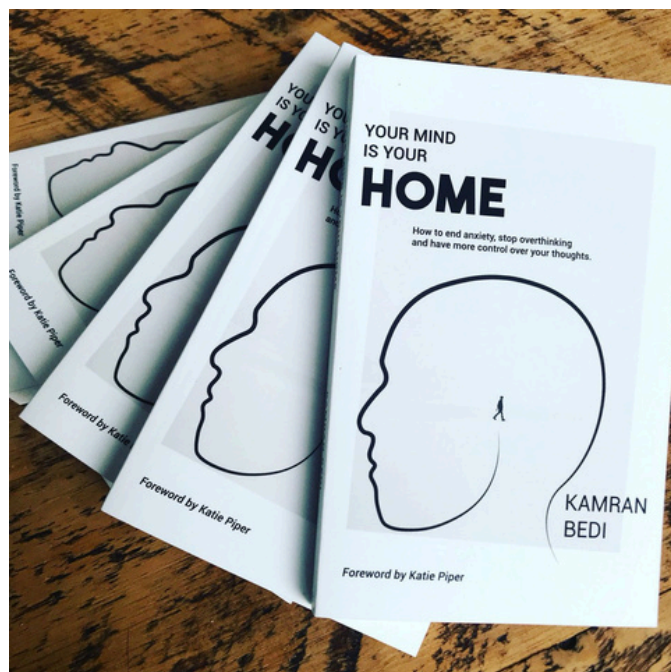
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

This is life changing work and will help you to live your best life possible.

For upcoming dates, please see Kamran's website above.

If you are interested in taking part in one of the above courses, then please email Kamran at [info@kamranbedi.com](mailto:info@kamranbedi.com) to find out more and quote "DANCEBOSS" to get the special discount!

You can also find out more about Kamran's self help book "Your mind is your home" from [www.kamranbedi.com](http://www.kamranbedi.com) (as seen below).



# THIS MONTH WE CHAT TO

## ANGELINA ALFARO

@ANGIEDANZA14  
ZUMBA WITH ANGIE

**Hi Angelina, thank you for being here today! We're so happy to talk to you! Can you start by telling us a bit about yourself and how you got into dance?**

Thank you so much for having me. I am a dancer, performer, model, actor and Zumba Instructor based in New York City. I have been dancing since I was a child but actually didn't receive training until High School and then continued as an adult.

**What has been your best experience in dance so far?**

It's really hard to pinpoint just one experience as I have had many but I guess it would have to be when I was featured on the billboard of Symphony Space Peter Jay Sharp Theater for Broadway Dance Center Showcase in New York City.

**If you could describe how dance makes you feel in 3 words, what would they be?**

Fulfilled, utterly alive.

**What do you love most about the dance world?**

The exquisite diversity of styles and the approach each individual has.

**How do you stay positive and motivated when rejection happens?**

It's sadly a part of life so it's something we have to deal with, but as a dancer it can happen on the daily. I pray, meditate and centre myself to remind me that I am fearfully and wonderfully made and that what's for me no one can take away, and that if I first don't succeed then I can always try again.





# THIS MONTH WE CHAT TO

**ANGELINA  
ALFARO**

@ANGIEDANZA14  
ZUMBA WITH ANGIE

What's the best piece of advice you've been given in the dance world?

Do it all, be versatile.

What are your future goals for your dance career/work?

I'm currently in the process of getting ready to launch a new website so that's very exciting and would like to create my own fusion and teach worldwide. Can't wait til things go back to normal and be back on stage too.

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

Cooking; this foodie really enjoys trying new recipes.

Shopping at street fairs, I love to find weird and unique things.

*"Do it all, be versatile"*  
-Angelina Alfaro



Photo: [@ohhoneybeavers](#)



DANCE  
BOSS  
OF THE  
MONTH

Instagram: [@yogiwitch](#)  
Twitter: [@Tanya\\_Schrader](#)  
Photo by [@emmalita.x](#)

## Tanya Schrader

I am not a professional dancer. My day job is a PhD researching the psychology of conspiracy theories and the impact on society. Nevertheless, dance has played a significant role in my life. Like most little girls, I started ballet classes in nursery school. Unlike most little girls, I was in the rehabilitation years following hip surgeries, that should have left me unable to walk unaided. But I walked just fine on my own, thanks to my dedicated mum who oversaw my rehabilitation. She eventually enrolled me into ballet classes, which I continued until I was seventeen years old. It was my plan to pursue dancing as a career but, with the limitations of my hips, I had progressed about as far as I could go. This was sad, but dancing had played a crucial role in rebuilding strength in my hips, realigning my frame and creating flexibility.

I continued to dabble with various styles of dance and yoga over the years. However, as the years passed, I seemed to have less time to invest in moving my body for fun or fitness. In my late thirties I experienced a rapid decline in my physical and mental health due to premature menopause, which left me feeling like an alien within my body. For a time, I felt sad, confused and devalued... until I realised that what I was experiencing was an internalised stereotypical notion of what an aging woman was supposed to be. So, I decided to kick that notion into touch and reclaim my place! I enrolled in university, returned to the yoga mat and rediscovered the joy of moving my body through dance.

Now, at 46 I am happy, fulfilled and the healthiest I've ever been. The rigours that come with undertaking a PhD are challenging but once a week I let my body and mind be free through dance (Salsa, maybe Bachata and sometimes even expressive-style dance). I miss it and I yearn for the time we can all reclaim our place on the dance floor. I believe in setting goals that push me out my comfort zone so my next dabble with dance (post-Rona) is going to be pole because I am so in awe at the strength of pole dancers. My advice to anyone out there struggling with their identity as they get older, is to tear up the rule book. Forget social expectations... reclaim your place, gently push the limits of your comfort zone every now and then, and definitely keep dancing for joy.



# FIND YOUR INSPIRATION

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



“You were born with your dharma (purpose), but that doesn’t mean you’ll necessarily embody it. Free will is a very real thing, and just because you can do something doesn’t mean you will. **You get to decide.**”

—SAHARA ROSE  
DISCOVER  
YOUR DHARMA

Discover your Dharma (purpose) in Sahara Rose's new book and feel clear and connected to your life's path and purpose [here!](#)



**DANCE**DIRECT

If you're in need of some affordable dancewear/shoes, check out Dance Direct and you'll also get 10% off your first purchase [here!](#)



Check out this great Ted Talk by Robert Waldinger who explores what makes a good life and how to be happy [here!](#)



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