

Issue 4

DANCE BOSS



Issue 4
January 2021
www.danceboss.co.uk
info@danceboss.co.uk
[@dancebossuk](https://www.instagram.com/dancebossuk)

Cover: Barry Busby & Leslie Flesner
Photo: [_jdemetrie](https://www.instagram.com/_jdemetrie)photography.

by
Emily
Lophie

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 created especially for dancers. My name is Emily Sophie and I'm the founder of Dance Boss. This monthly mag 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 month 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 in the industry-remember, we're all in this together!

To find out more about Dance Boss, simply head to www.danceboss.co.uk where you'll also be able to get your hands on our exclusive Dance Boss products (pictured right). You can also find us on Instagram [@dancebossuk](https://www.instagram.com/dancebossuk) so come and say hi! If you'd love to nominate someone to be Dance Boss of the month, then please get in touch at info@danceboss.co.uk or send us a DM on Instagram.

Be consistent. Stay tenacious. Always persevere.
Emily Sophie





A NOTE FROM EMILY SOPHIE

[@iamemilysophie](#)

www.emilysophie.co.uk

HAPPY NEW YEAR!

I hope you have had a wonderful festive period and got to spend time with your loved ones.

So, it's January 2021! A brand new year with lots of possibilities and opportunities in store for everyone! Anything is up for grabs, so make sure you give yourself the best chance at achieving your goals and letting yourself dream BIG.

We are launching lots of fantastic new products this year and this STARTS TODAY!

Our brand new Dance Boss Workbook and Notebook are now available on our website at www.danceboss.co.uk and are the absolute best addition to the Dance Boss Journal and to helping you become the best version of you and achieving all your goals and dreams!

If you need anymore persuading, we're giving you 10% off your first order with us too! This is brand new for 2021, so even if you've ordered something from Dance Boss in 2020, this discount will still apply for you too in 2021! Simply use code **FIRSTPURCHASE** at the checkout to receive your 10% discount.

Life is what we make it. We get to CHOOSE what we do with it and how we view it. Personal development, self care, wellness and our mental health are such massive factors in helping us become strong, adaptable, focused, driven and above all...healthy and happy :)

Everything we do at Dance Boss aims to aid you on your dance journey and help you to step into your spotlight and thrive doing what you love for as long as you want to be doing it.

YOU are capable of great things and right now is the best time to start believing that fact. I am wishing you the best year ever and cheering you on all the way.

Be consistent.

Stay tenacious.

Always persevere.

Emily Sophie
Founder of Dance Boss





WELLBEING

with Billy Warren

[@b.fit.pt](mailto:bfit_pt@yahoo.com)

bfit_pt@yahoo.com

As a young boy I always had an interest in staying fit and active, I began dancing at about 8 years old and fell in love straight away. It had that perfect combination of pushing my body to new limits but also giving me a sense of release, freedom and expression.

For me, it was euphoria.

As I grew up and followed my ambition to become a dancer, I was lucky enough to work all around the world and meet amazing people who would become treasured friends.

Towards the latter part of my 20s I decided to think about life after dance, as I knew that as much as I wanted it to, my body wouldn't allow me to carry on dancing forever.

Having spent a large portion of my life in the dance world, I had grown up learning about the body; posture analysis, different muscle groups, conditioning and strength training. Not only that, having experience in teaching dance and also taking on the role of dance captain for a number of shows, I was used to leading groups of people, taking warm ups and exercise classes and studying people for correct form.

So, it seemed sense for me to follow this path, increase my knowledge of the human anatomy and gain myself a Personal Training and nutrition qualification.

For the last 3 years I have worked in London at some of the best health and fitness clubs, building up my own Personal Training client base, and loving every minute. I have clients come to me with lots of different goals and I love helping them to achieve whatever it is that they need. Quite a few clients actually come looking for that same feeling that I get with dance, that feeling of release and just to feel good in their bodies.

Training doesn't always have to be about dropping a dress size, gaining bulging biceps or fitting back into those jeans you bought a year ago. Exercise is linked so closely to mental health and I think, now more than ever, it's so important to devote some time in the day for ourselves.





WELLBEING

with Billy Warren

[@b.fit.pt](#)

bfit_pt@yahoo.com

2020 was a tough year for many people especially those in the entertainment industry.

The most important thing for us all, is to look after our mental health and coming from personal experience, exercise along with a balanced diet is the way forward.

Here are some of my tips on keeping your body and mind healthy:

1. Fresh air!!

We've all been cooped up inside throughout lockdown and it can drive you insane if you don't get out of those same 4 walls. Now I know the weather isn't always on our side at this time of year, but trust me, it will make you feel brighter.

Whether it's for a run, for a HIIT workout or just for a leisurely stroll, get yourselves out and take some deep breaths. This will help reduce stress and anxiety, boost your energy and give you a dose of Vitamin D.

2. Balance!!

Now this goes for both diet and exercise. As much as I love eating healthy, I equally enjoy a sweet treat. The most sustainable diet is a realistic one and starving yourself of a specific food group is not realistic. Sure, it can work for a month or two, but you'll soon get bored of it and it's not overly healthy. The body needs balance to obtain all of the much-needed vitamins and nutrients.

The same with exercise, work hard but also rest hard. Your body needs time to recover, so give yourself a break.

3. Enjoy yourself!!

My absolute main aim when I'm training a client, is for them to be enjoying themselves whilst working out. There are plenty of things in life that we have to do, that don't bring us happiness, time in the gym or in the studio is your choosing!! Make it fun!

Photos by: Richard Bass & [@adamillsley](#).





SELF LOVE

with Sarah Little

AKA Self Love Sarah

[@selflovesarah_](#)

www.selflovesarah.com

Hi I'm Sarah, a Self-Love Yoga Teacher from Shrewsbury, Shropshire.

Self-love is a HUGE part of my business, values and everyday life, but it wasn't always this way...

I remember vividly from the age of 11, loathing myself, putting myself down and wishing to be someone different in every way. I'd listened to some girls in my class as they laughed at me and told me I was "too much", so this became my story and throughout my teens and early adulthood I tried not to be "too much" in every way possible; meaning the real me got forgotten, suppressed and left behind.

Around 4 years ago, in a job which I hated, a body I despised and a life that was not filling me up, I started reading lots of self-development books. This is where I came across the wonderful term and practice of 'Self-Love'. It was something I had never heard of before, but boy did I relate to it and moreover, boy did I need it!

Fast forward four years, I now very much live my life through self-love and encourage others to do the same through my yoga business.

I teach self-love yoga which I absolutely adore and use my social media platform to spread the self-love word particularly around topics such as yoga, motherhood, body positivity and authenticity.

Let me share some of my self-love passion and wisdom with you, in my own words...

Self-Love is accepting and appreciating ourselves for exactly who we are in this moment.

Self-Love is giving ourselves permission to be our most real, most authentic selves.

Self-Love is making every single choice from a place of love.

Self-love is such a widespread topic and it is also a very personal practice. How it looks and feels for one person may be completely different for another.





SELF LOVE

with Sarah Little

AKA Self Love Sarah

[@selflovesarah_](#)

www.selflovesarah.com

Here are my ultimate Top 3 Self-Love Tips:

1. **Feels over looks** – instead of focusing on how you look, focus on how you want to feel. This can be applied in all aspects of life – exercise, food, fashion, work etc. Get out of the external and into the internal. Changing your mindset to how you want to FEEL helps you connect deeper with yourself, listen to your body and appreciate yourself as a whole person, not just a body to decorate.
2. **Authentic choices** – when making life choices, no matter how big or small, ask yourself the following two questions... Am I making this choice for me? And Is this choice coming from a place of love? If the answer is no, then adjust accordingly. If the answer is yes, then you're practicing self-love!
3. **Self-Care**– schedule self-care with the same importance as you would a work meeting or a doctor's appointment. Make it non-negotiable and remember, self-care is important for your physical, mental, emotional, social and spiritual health, so ensure your self-care toolbox nourishes all of these.

The world of dance can be competitive, intense and exhausting (both physically and mentally), so it is extra important that you weave self-love into this beautiful discipline. Dance because you love it and it makes you feel happy, strong and creative, not to look a certain way. Stay in your own lane and focus on yourself as a dancer. Be authentic and make choices that support the kind of dancer you want to be. Most importantly, schedule regular self-care for your body, mind and soul. You've got to fill your self-care cup in order to be the best dancer you can be!

And finally, remember self-love is a daily practice and will look and feel different for everyone. Enjoy cultivating your own self-love practices, routines and rituals and don't beat yourself up if it doesn't go to plan. Self-love is not an end destination, so enjoy dancing your way through this beautiful journey.

For all things self-love, you can find me at www.selflovesarah.com or come hang out with me on Instagram [@selflovesarah_](#)



THIS MONTH WE CHAT TO

**BARRY BUSBY
& LESLIE FLESNER**

[@BRBUSBY](#)

[@LESFLES](#)

Hi Barry & Leslie, thank you so much for being our January cover stars! Can you tell us a little bit about yourselves and how you got to know each other?

Barry: Thank you for having us! Leslie is a Miami girl and, I am a born and raised Texas boy. We had different paths, but our stories are very similar in that we both caught the performing bug early on. Following high school, we went to college for musical theatre at Florida State University and the University of Oklahoma. Shortly after graduation, we both moved to New York. While daunting for us both, it was the only option as NYC was/is the Mecca for musical theatre and everything Broadway. It did not come easy, but the leap of faith definitely paid off as we together now have ten Broadway shows under our belts. In 2012, our paths crossed during a premier regional production of Chicago at The Muny in St. Louis. Our friendship clicked quickly, and we are now pretty much family. We have done two Broadway shows together as well as countless other projects. And now we are business partners!

Did you always know you wanted to be dancers?

Leslie: YES! We both knew at very young ages that dance wasn't just a hobby and it would be a lifelong passion. Barry's introduction to the dance world was tap and mine was ballet. While they are still our first loves, we also grew up training in a multitude of styles. This passion is what inevitably lead us to our newest virtual dance venture.

What has been the biggest lesson you have each learned as a dancer?

Barry: I think I can comfortably answer for both of us and say that we believe as dancers, we are forever students. As instructors, we encourage our dancers to soak up everything, allow themselves to be vulnerable, and dive head first!

What's the best advice you've ever received in the dance world?

Be kind, work hard, and embrace your uniqueness.



THIS MONTH WE CHAT TO

**BARRY BUSBY
& LESLIE FLESNER**

[@BRBUSBY](#)

[@LESFLES](#)

We'd love to know about both of your experiences on Broadway-what has been your favourite show to dance in and why?

Leslie: I made my Broadway Debut in the Revival of Finian's Rainbow in 2009 and have been fortunate enough to perform consistently for over a decade now. Picking a favorite show is truly like picking a favorite child :). If I had to, I would choose my most recent, Tootsie. It was truly a unique experience, and the excitement of being in a 11-time Tony nominated show along with actually performing at the Tony's for Best Musical, was a huge check on my bucket list.

Barry: I have worn the Associate Choreographer, Dance Captain, and swing hats for three of my Broadway shows. This creates such a close and personal connection to each one for different reasons. However, there will always be a special place in my heart for Honeymoon in Vegas. It was my Broadway debut, and nothing replaces the energy and excitement that comes along with that!

We heard you're teaming up to go into business together, can you tell us a little bit more about that?

For all of us, 2020 had been a struggle. Students we had before the pandemic expressed interest in virtual semi-private dance classes. This in turn, sparked the initial idea for our now studio. Along with our weekly technique classes, we have expanded into a platform for Broadway masterclasses, coachings, and industry panels. We are currently in the process of re-branding and look forward to sharing what we have created with you very soon! Stay tuned!

If you could give your younger selves some wisdom from everything you've learned so far about the dance industry, what would it be?

This industry is difficult and I think we would both tell our younger selves to keep pushing forward, you are on the right path! Oh, and thank your parents!

*"Be kind, work hard,
and embrace your
uniqueness"*

-Barry Busby & Leslie Flesner





DANCE
BOSS
OF THE
MONTH

[@hattigayner](#)
Photo by [@hattiepearsonphotography](#)

Hatti Gayner

Hatti started dancing at the age of 3 in Newcastle Upon Tyne, where she grew up and spent most of her hours dancing, training in all styles, but with a strong love for Ballet and Jazz. When she was 18 she moved to Liverpool to train professionally at The Liverpool Institute for Performing Arts.

Hatti trained at LIPA for 4 years, where she received a fantastic wide range of training and opportunities. Between her second and third year at LIPA, Hatti was accepted to Broadway Dance Center on their 3-month International Student Visa Program. Upon returning from NYC, Hatti completed her final year at LIPA and graduated with a degree in Dance.

With all her training and knowledge, she moved to London to pursue a dream in performing.

Hatti continued to train hard in London and became a part of the dance community there, as well as teaching at dance schools around the capital. Her work has included corporate gigs, flash mobs, fashion shows, a contract abroad for TUI, House of Jazz Company, two Christmas contracts - one of which was for The Gatsby Girls, who Hatti continues to work for on gigs around the country.



LINKS FOR BREAST CANCER AWARENESS

[https://coppafeel.org/
@coppafeelpeople](https://coppafeel.org/@coppafeelpeople)

[https://www.trekstock.com/
@trekstock](https://www.trekstock.com/@trekstock)

[@feelitonthefirst](#)

[https://breastcancernow.org/
@breastcancernow](https://breastcancernow.org/@breastcancernow)

[@hattigayner](#)

Photo by [@yellowbellyphoto](#)

DANCE
BOSS
OF THE
MONTH

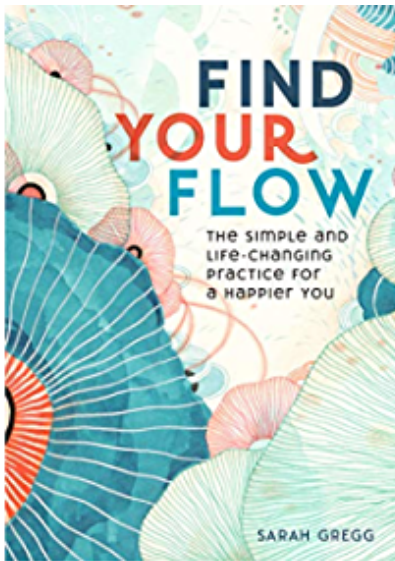
Hatti Gayner

In 2018, Hatti joined the Nicola Mac Company, who she performed with in various shows around London, and in 2019 they became The Queens and auditioned for BBC One "The Greatest Dancer". After a first successful audition on the show, The Queens made it through to the final 12 and were chosen to be in Cheryl's top 3. In February 2020, Hatti danced with The Queens on BBC One, competing in the live shows.

As the country went into lockdown in March of 2020, the performing jobs came to a halt, and in August Hatti was unfortunately diagnosed with stage 3 breast cancer. She is currently undergoing chemotherapy, which will be followed by surgery to remove her breast, and then followed by radiotherapy. It has already been a long journey for Hatti on the road to recovery, but she has decided to spread awareness about Breast Cancer, especially in younger people through her social media. She cannot stress enough the importance of checking your chest and wants to remove any stigma around cancer in the hope to help whoever she can.

FIND YOUR INSPIRATION

DANCE BOSS
THE E-ZINE FOR
DANCERS

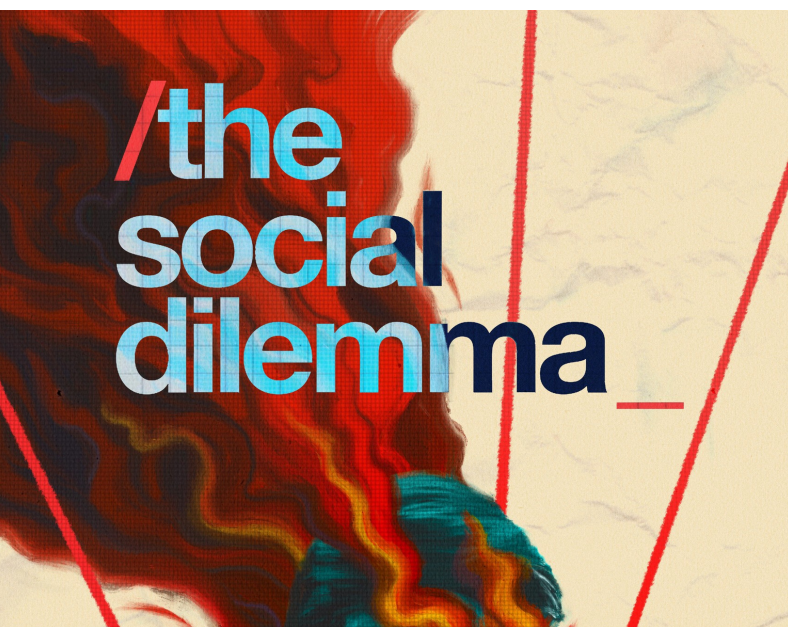


★★★★★ 39

Start your year with this fabulous book by Sarah Gregg. "Find your flow" will help you to find and stay in flow- an 'optimal mental state'. Get your copy [HERE!](#)



New year...time to learn something new? Centre of Excellence have such a great variety of courses, ranging from NLP to Aromatherapy to Interior Design! Take your pick [HERE!](#)



If you haven't seen it already, check out The Social Dilemma on Netflix-an eye opening (possibly life changing) look into social media and how we use it. Head to Netflix [HERE.](#)



**GET YOUR DANCE BOSS
JOURNAL, WORKBOOK &
NOTEBOOK [HERE!](#)**



**USE THE CODE FIRSTPURCHASE TO
GET 10% OFF YOUR FIRST ORDER**

SPECIAL
TRIBUTE



Mrs Norma Terry

In loving memory of Mrs Norma Terry who sadly passed away on the 5th December 2020.

A wonderful dance teacher to all her many, many students throughout the years.

She will be missed terribly by all who knew and loved her.

RIP Mrs Terry, your legacy will live on in all of our hearts forever ❤️

DANCE
BOSS

**ISSUE 5
OUT
FEBRUARY
1ST 2021!**

www.danceboss.co.uk
info@danceboss.co.uk
[@dancebossuk](https://www.instagram.com/dancebossuk)

by
Emily
Lophie