

Issue 6

DANCE BOSS



Issue 6
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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 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





YOGA & WELLNESS

with Emily from ilybeayoga

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

www.ilybeayoga.com

Hi I'm Emily a Yoga Teacher from Shrewsbury, Shropshire!

Yoga was introduced into my life by my mum as an early teenager, enrolling into a beginners course. Both unaware of what we'd really signed up for, we remember how much we laughed at each other during that first class. I dipped in and out of classes, but most notably yoga found its way back into my life 5 years ago, whilst seeking some downtime my corporate job.

I found a hot yoga studio and discovered my love for yoga - it became a focus, a way of being present during a time of mental distraction. This led to embarking on a life changing Yoga Retreat in Thailand, where Yoga became more than a physical practice on the mat, it changed my entire mindset and perspective on life.

In 2018 I left my corporate job and enrolled on a 4 week intensive Yoga Teacher Training on an Island in Thailand. It was the most incredible experience & I recommend it to anyone interested in yoga & that has a month to go and experience it.

I came home and began to build my career as a Yoga Teacher & since I've been teaching full time across Shropshire, training in Yin Yoga, Pre-Natal & Post-Natal Yoga & at the start of 2020 I spent a month in India obtaining my advanced teacher training, followed by assisting on my teacher's teacher training in Thailand.

A Dancer I am not, however I've seen how well Yoga compliments Dance, physically building strength, improving flexibility & balance, aiding mental focus and the ability to relax & restore.

By learning to align your body, mind and spirit on the mat you will bring your best self to your dance.





YOGA & WELLNESS

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My top Yoga tips!

- 1. Respect your body** - it's so easy to become fixated on achieving the 'perfect pose' so lots of yogi's end up getting hurt and having to take months off from their practice. It's important to remember that our bodies are unique, my pose will look & feel different to yours. Explore your body, focus on what you are trying to achieve from each given pose rather than the shape.
- 2. Don't Compare Yourself With Others**- this follows on nicely. From moving to teaching & practicing online for the majority of the last year, I think the pressure has been removed to keep up with the class, or your practice to look like another perhaps pushing yourself because everyone else in the room is. Yoga isn't a competition or a spectator sport, it's a journey inwards, notice the subtle progress of your own practice.
- 3. Take time to relax** - a lot of focus is placed upon the physical postures of yoga, which is a great place to start, it gives our mind focus and along with connecting with the breath helps us to be more mindful & present. Ultimately the practice is preparing our bodies for stillness & meditation. Classes end with Savasana, a chance for your body & mind to rest. In our busy lives, this feels like the time we can skip, but take the time, enjoy the rest.
- 4. Find a style of yoga & teacher for you** - if you're thinking about starting your yoga journey just do it! Explore different classes & teachers, don't be of put if you went to a class that didn't work for you, there are so many styles and teachers out there, find what works for you.

Head over to my website www.ilybeayoga.com for more information, including my 2021 UK Wellness Retreat & online classes. Or lets hang out on instagram [@ilybeayoga](https://www.instagram.com/ilybeayoga)





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

Email your questions in at info@danceboss.co.uk and get them answered by The Leadership Dr!

Q. There's a dance job coming up that I'd love to get, but I'm so scared to go to the audition...how can I get over this fear I'm feeling?

A. That sounds like such a great opportunity, but I get that it can seem scary, too. You know that feeling: Heart pounding, sweaty palms, feeling queasy, faster breathing...but did you know that while these symptoms are signs of your body in stress (e.g., feeling fear), it is also the way your body responds to excitement?

That's right, your body gives the SAME response to both scary and exciting situations - that's why lots of people like roller coasters - they are quite literally 'thrilling'.

So how about this, how about you try telling yourself that what you are feeling is overwhelming excitement, and fear doesn't even come into it. In fact, that's true, isn't it?

You actually ARE excited, because this is a job you ARE really excited about, right? It's not reverse psychology or a trick - your body just needs you to tell it whether you're feeling fear or excitement.

So, tell yourself that it's excitement, and pour all of that adrenalin into your audition. I'm feeling excited for you!





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

Q. I find myself mindlessly scrolling through Instagram and seeing so many dancers who are better and prettier than me and it's making me really sad. I know I should stop looking but I just can't help myself.

A. Oh, my goodness, the lure of social media...well, you listen to this - you have a choice here. A choice whether you look, a choice how you interpret those pictures, and a choice about how you speak to yourself. You actually can help yourself, and you can stop looking.

There are two things we need to talk about here: 1. How to deal with social media, and 2. How to deal with yourself. First, see social media for what it is - 'media' - and just as we get to decide whether we believe a news story in the papers, YOU get to decide whether the stuff on Insta is accurate. How many of these pictures show lives filled with acts of charity, compassion and nurture for others? Or are they all selfies and beach backdrops, and pouts and green smoothies?

What we see is what they want us to see, and science proves that those of us who have options to filter photos are actually less satisfied with our pictures afterwards!

There is too much choice, and so we think that we didn't make the right one, that we should be like other peoples' pics. But here's the good news, we are allllll the same, and this brings me to point no.2. We allllll have problems, we all have imperfections, we ALL have a view that someone else is prettier/wittier/more confident/more successful/thinner/more talented, blah blah blah.

So here's my first mantra for you: Comparison is the death of joy. Say it with me! DEATH of joy. If you want to look at social media, go and **enjoy** it, but if you want to get compare-y then goodbye joy. Pooooof! Gone just like that.

So mantra no. 2 - Be your own best friend. Talk to yourself the way you would talk to your very bestest pal in the whole universe - would you tell them that @imsogorgeous or whatever is prettier than them? Would you kill their joy? I think we both know the answer to that. So go and enJOY the pictures with your own best friend...You.





LEARN NLP

with Kamran Bedi

[@coachkamranbedi](#)

[kamranbedi.com](#)

[mindbodymethod.co.uk](#)

Discover the power of your mind through NLP, transform the results you're getting in your life and even begin working as an NLP Life Coach whilst still pursuing your performing career.

Neuro Linguistic Programming is a coaching method that allows you to understand the mind, how it works, and most importantly, how your mindset can be changed and improved to transform your life for the better. I first discovered NLP back in 2013. I had retired from my dance career and had a full-time 1-1 Pilates business. I suddenly found myself interested in personal development and became fascinated with a few NLP techniques that allowed me to very quickly change my thoughts and improve how I felt. I suddenly felt powerful because for the first time in my life at 26 years old, I had created a big change in my mind for myself, following this particular NLP method. How had I got this far in life and not known how to use my mind!?!?

Following my NLP Practitioner training I began working with clients. I worked on motivational coaching, helping people develop their careers and achieve their dreams by giving them structure and a map to get them to where they wanted to be. I then worked on Anxiety, using the tools week after week helping people with their anxiety. From building confidence, dealing with the past to helping people move forward, my work is extremely fulfilling.

I now certify NLP Life Coaches to Practitioner and Master Practitioner level. I have had various dancers take my training who are still dancing professionally, but who also coach clients or groups in their spare time and when they are in between work. Dancers always need something else in terms of work for those quiet times, and with the impact of the pandemic, the dance world may not really kick off until summer 2022. Training in NLP not only gives you more skills, more work opportunities, where single sessions can be a minimum £80 an hour, but you can apply all of the techniques to your own life, health, relationships, finances, business ideas and more! My current rates are £160 an hour as I have a lot of experience which any person can over time get to. I think back to some days where I would get £60 a day for a rehearsal! Not to compare the dance world in a negative way, as I believe it's important to fulfil your passions, hopes and dreams, but you really could enhance your future dance career with not just a side hustle, but with tools that help you really make your dreams your reality.





LEARN NLP

with Kamran Bedi
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I have various training dates over 2021 for certifying in NLP and also Hypnosis courses. My next course starts April 30th and runs over three weekends.

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

For upcoming dates, please see below:

NLP Practitioner. Online Live Zoom training:

Weekend one – April 30th, May 1st, 2nd.

Weekend two – May, 7th, 8th, 9th.

Weekend three – May, 14th, 15th, 16th.

Hypnosis Practitioner Certification. Online Zoom Training:

Weekend one – June 11th, 12th, 13th.

Weekend two – June, 18th, 19th, 20th.

Weekend three – June, 25th, 26th.

NLP Practitioner. Online Live Zoom training:

Weekend one – September 24th, 25th, 26th.

Weekend two – October 1st, 2nd, 3rd.

Weekend three – October, 8th, 9th, 10th.

NLP MASTER Practitioner. Online Live Zoom training:

Weekend one – November 19th, 20th, 21st.

Weekend two – November 26th, 27th, 28th.

Weekend three – December 3rd, 4th, 5th.

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



THIS MONTH WE CHAT TO

MEGAN BOWEN

@MEGANBOWEN__
@DANCEFROMHOME_
WWW.DANCEBYMEGANBOWEN.COM

Hi Megan, thank you for being here! We'd love to start by finding out a little bit about you and how you began your dance journey...

My parents put me in dance class when I was 3 years old. I was a very shy kid (I still identify as an 'extroverted' introvert) and stood in the back of my first dance class for 3 months until I decided to give the class a try and, well, here I am 23 years later still doing it!

I was a competitive dancer throughout my middle school and high school years. I also LOVED to sing so I started voice lessons when I was about 10 years old. My dance studio often let a local community theatre use the studios for rehearsals which was how I started to get involved with musical theatre. I did a few productions with them in middle school and absolutely loved it, but when it came time to high school I had to make the choice between dedicating my time to theatre or the dance team, and I chose dance.

During my senior year of high school I began auditioning for college dance programs (I thought I was going to end up being a classic modern or jazz dancer in a company) but I had a horrific experience during the college audition process. I was rejected from every single school I auditioned for, I was even told by the director of the NYU Dance Department that I did not have "the ideal body type that they were looking for" and felt very defeated. Luckily, I was very smart and had great grades/qualifications to get me into The University of California, Irvine as an Undeclared Major. During my first week at school I re-auditioned for their Dance Department and got accepted! It was the best feeling of my life.

During my Junior year of university training I started falling out of love with modern/contemporary dance. I also couldn't find any companies or space for women with my body type in that portion of the industry and was confused on what I wanted to do. This is when musical theatre started coming back into my life...

I was in a sorority, (shoutout Delta Delta Delta) and each year the sororities would be paired with one fraternity to compete in a school-wide musical competition called "Songfest". The musical assigned to our cast was Pippin and during that creative and performance process (yes we won the entire competition), I fell back in love with theatre. This is when I started getting involved in the drama department at UCI and got accepted into their New York Satellite Program, a "study abroad" program that had about a group of 25 of us come to NYC for one month and train non-stop. We took master classes, had mock auditions, went to a few real auditions, and got to fully experience what being a performer in NYC would be like. I was IN LOVE. I knew this was what I wanted to do for the rest of my life. I had finally found my calling.

So, I graduated from college and moved to NYC 3 months later. I've been here doing the audition and performing grind until Covid hit and it all stopped.



Photo: [@jamesjinimages](#)

THIS MONTH WE CHAT TO

MEGAN BOWEN

@MEGANBOWEN__
@DANCEFROMHOME_
WWW.DANCEBYMEGANBOWEN.COM

What has been your favourite experience in the dance world so far?

Every time I am on stage. That is my absolute favorite experience and something I miss so much during this current time.

What things do you do to stay positive and motivated as a dancer?

During the first 10 months of COVID I was not motivated at all. It was very hard for me to find any desire to take Zoom classes or dance, I truly lost a lot of my passion towards it for a while which is absolutely okay given we are living through a Pandemic. I decided to take a step back and give myself some space to venture into new passions and business knowing that I would eventually come back to dance when I was ready. It took some time but at the beginning of the New Year, I was finally in the right mental space to begin wanting to dance and move again. In order to stay motivated with that, I created an attainable and measurable goal and weekly dance schedule for my training. I am starting off really slow and steady and am having fun in this new process of dance discovery. I only take classes that really bring me joy.

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

There is only one Megan Bowen. (Insert Name)

We'd love to know some of your goals for 2021-care to share some with us?!

1. Not overworking myself and maintaining my work/life boundaries
2. Reconnect with dance and deepen my relationship with movement.
3. Grow a 6 figure business.

Photo: [@jamesjinimages](#)

*"When you are
having awesome
days don't hold
back and really
celebrate who you
are."
-Megan Bowen*



THIS MONTH WE CHAT TO

MEGAN BOWEN

@MEGANBOWEN__
@DANCEFROMHOME_
WWW.DANCEBYMEGANBOWEN.COM

We hear you started a new business whilst in lockdown! Well done you! Can you tell us a bit more about that and how you found the experience?

Thank you! I started my business, Dance From Home LLC, in March of 2020. We help Broadway lovers reconnect to the joy of live theatre through musical theatre themed fitness, dance, and industry master workshops. I run a monthly membership-based program called "The Ensemble" which currently consists of 72 theatre-loving humans that connect 4x a week for live Zoom classes. The community is my favorite part of my business and I am so proud of everyone's dedication and love to theatre, the arts, and their physical and mental health. Theatre people are the best people! I've always had an entrepreneurial spirit and when the Pandemic came I lost all of my current work, which at the time was 5 jobs and me constantly running around NYC. Once everything came to a standstill I decided to make lemonade out of lemons and start my own business. It's been one of the hardest and most rewarding things I have ever done.

When you're not dancing, what would we find you doing?

Playing with my puppy, Jazzy! We've had her for about 2 months now and she has been an absolute beam of light. Spending time with her is my favorite.

Your views on inclusivity in the dance world are very refreshing-have you got any advice to dancers who may be struggling with their bodies or appearance right now?

I would say that no one really has the "perfect mindset" figured out...especially in the dance industry. I really aim for a body neutral (not to be confused with body-positive) mindset and I would encourage you to do the same. We are all going to have really bad body image days and really awesome body image days and it's unfair to ourselves to try and always remain positive.

Focus equally on the days you are struggling and the days you feel great. When you are having a bad day, question where those feelings are coming from, why you are feeling down, and perhaps brainstorm changes you hope to see in the future in our industry so you no longer have to feel that way! When you are having awesome days don't hold back and really celebrate who you are. It's all a balancing act.





**DANCE
BOSS
OF THE
MONTH**

[@kellyjopeach](#)
[@farfalle.creative](#)

Kelly-jo Brougham

Kelly-jo began dancing at the Hilary Hall School of Dance, in her hometown of Ryde, Isle of Wight. She went on to graduate from The Centre Performing Arts College, London, having trained in all aspects of dance and musical theatre. Kelly's first professional dance job was at Casino de la Vallée, a cabaret dinner show in Saint Vincent, Italy. It was her first experience of the show-girl world and she fell in love with it. Unbeknown to her at the time, that contract would lead her to a number of show-girl contracts, throughout the next 12 years of her career. Kelly-jo has worked consistently, in cabaret shows, commercial contracts, cruise ships, music videos and luxury events. Credits include: Showstoppers - Worldwide ° La Perla Casino - Slovenia ° Crazy Paris Cabaret - Switzerland & Croatia ° MSC Cruises - Worldwide ° Tihany Spectacular - Brazil ° Benidorm Palace - Spain ° Hippodrome Casino & Proud Cabaret - London ° Dance It Out Dubai, UAE ° Pearl Club, Moyses & Paris la Nuit - Greece ° Nikki Beach, BOP & Titos - Mallorca Spain °

In 2016, Kelly-jo was living in Thessaloniki, Greece. It was there that she set up an entertainments company, hoping to create more job opportunities for herself and other performers. That year, her company worked with UFO Film & Television Studios in Sofia, Bulgaria, providing movement and choreography for music videos. She also helped to organise music concerts, gigs and dance events. Working with a well-known drinks brand, she organised and performed in a giant martini glass, with a team of dancers, acrobats and DJs, touring Greece. In 2017, Kelly-jo partnered with ex-employer and fabulously talented Artistic Director, Francis Demarteau. Together, they produced 'Paris la Nuit', a dazzling, spectacular show, for a venue in Halkidiki, Greece. This Parisian style cabaret show was the dream - Swarovski crystals & feathers galore, kick lines, acrobatics, singers, dreamy music, stylish choreo... It was one of the most beautiful shows Kelly had ever seen, but unfortunately, it wasn't meant to be. A lack of organisation and care taken from some of the companies and agencies who had promised otherwise, meant that ticket sales were far too low. The show closed early. It was devastating, hard to get over and a huge learning curve for Kelly.



[@kellyjopeach](#)
[@farfalle.creative](#)
[@josezumbphoto](#)

**DANCE
BOSS
OF THE
MONTH**

Kelly-jo Brougham

In her final year in Greece, Kelly-jo volunteered to teach dance and movement to adults who had mental disabilities and illnesses. It was a heart-warming, humbling experience. Alongside that, she worked with 5000pax nightclub, Pearl, to provide entertainment for a summer season. She ran that contract for 3 years, whilst she was also performing herself, on cruise ships and shows in Mallorca.

Kelly-jo was fortunate enough to work through most of 2020; modelling in a Sky TV commercial, performing in a dinner show on a superyacht in Naples with Kaykay Agency and dancing in a variety show, at a 5* Resort in Kos. Currently, she is in training to further her career in makeup artistry and hair styling. Having already worked with brands such as Gucci, Cle de Peau and Givenchy, she is eager to gain more experience within that field of work. "Anyone that knows me, knows I was always the first to enter the dressing room and the last to leave it, because I was always perfecting my makeup, trying out new looks. Knowing how to do makeup and hair is a great tool for life in general, but as a dancer, I think it's key. For me, there is nothing materialistic or superficial in dance or makeup. It is purely artistic and creative. Makeup is another way to express yourself, just like we do in dance. And it's even more beautiful when the mood, makeup and dance are all saying the same thing".

"Future plans? Hmm, I feel like we need a Plan A, B, C, D, E at the moment! I have closed my old entertainments company and I'm planning to open a new one. I feel rather passionate about creating new jobs for performers but I've grown and changed my views so much since I opened my first company, it didn't represent where I'm at right now with ideas, concepts, branding etc. So, that's exciting, but I always have it as a side hustle. I am very much into the makeup artistry and excited to see where that may lead. As for dance, I had a contract in the Caribbean that has been postponed until November 2021, so, let's see! I'm just going with the flow as much as I can, still doing the odd ballet barre and actually, I've started to learn belly dance, it's so fun!"

"Fingers crossed we can all get back to normal soon... Until then, keep dreaming and dancing (and practising makeup!). We will shine again" xxx

FIND YOUR INSPIRATION

DANCE BOSS
THE E-ZINE FOR
DANCERS



If you're looking for an inspirational read that will affirm your place here on the planet, check out "The Midnight Library" by Matt Haig [here](#).



One Dance UK is the sector support organisation leading the way to a stronger, more vibrant and diverse dance sector. Check them out [here](#).



Looking for a way to add more fitness to your routine? Check out "The Sculpt Society" founded by dancer Megan Roup [here](#).



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ISSUE 7 OUT APRIL 1ST 2021!

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