

# WELCOME!



# EMBODY

DANCE CONFERENCE

**ORLANDO, FL**  
**FEB 28 – MAR 2 2025**

# ORLANDO, FL

## FEB 28 – MAR 2 2025

### EMBODY

DANCE CONFERENCE

## THE ECHO TOUR

▼ LOS ANGELES, CA | NOV 15-17, 2024

SAN JOSE, CA | NOV 22-24, 2024

▼ ROCHESTER, NY | FEB 7-9, 2025

▼ ORLANDO, FL | FEB 28-MAR 2, 2025

▼ BOSTON, MA | MAR 7-9, 2025

HANOVER, NJ | MAR 14-16, 2025

▼ DENVER, CO | APR 4-6, 2025

PROVIDENCE, RI | APR 25-27, 2025

▽ POCONOS, PA | JUL 27, 2025

## EMBODY RETREAT

POCONOS, PA | JUL 25-27, 2025

▼ NEW CITY ▼ NEW VENUE ▼ MELT: ONE DAY EVENT  
PAY-WHAT-YOU-CAN

[WWW.EMBODYDANCECONFERENCE.COM](http://WWW.EMBODYDANCECONFERENCE.COM)



# LET'S DANCE

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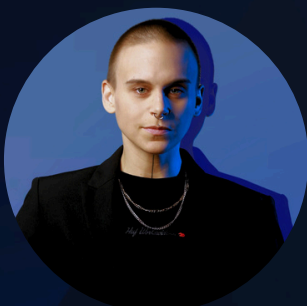
**EMBODY X MOVEMENT GENIUS**

**EMBODY X NATALIE REY VISUALS**

# ORLANDO, FL



# FACULTY



HAYDEN J FREDERICK  
(they/them)  
Contemporary Fusion



KEENAN COOKS  
(he/him)  
Hip Hop



JAMAL WHITE  
(he/him)  
Ballet



BREANNA MYERS  
(she/her)  
Mental Health in Dance



CANYON CARBALLOSA  
(they/them)  
Contemporary Jazz



TOMMY SCRIVENS  
(he/him)  
Musical Theatre & Tap



CADE CLARK  
(they/she)  
Jazz



ASHLEY MOWREY  
(she/her)  
Mindset Skills



CHELSE HIGHTOWER  
(she/her)  
Ballroom

## EMBODY DIRECTORS

**OLIVIA ZIMMERMAN** (she/her)  
Executive Director

**CADE CLARK** (they/she)  
Creative Director





# EMBODY ELECT

MALI BARRINGTON | MILA BIVOLARSKI | ADRIANNA BLACK  
KAYLAN BUNNELL | SARAH MICHELLE CHALARCA  
FELICITY CONAWAY | ALYSSA HARRELL  
CHEY HOWELL | PAIGE KENNEDY  
J LABAK | JOHANNA MARTINEZ | MILEY MATTEY  
HADLEY MCELROY | SIDNEY RIVERA  
DUSTY ROBERTS | ANDREA STULTZ

## EMBODY AMBASSADORS

MALI BARRINGTON | DELANEY CLAUSS  
ANNA COUGHLIN | MALIA FRANKLIN | SAOIRSE HENKE  
JAYDE HOSLEY | MADELYN PLANETA | CIANNA SANCHEZ

# GET READY

## Venue



### WYNDHAM ORLANDO RESORT & CONFERENCE CENTER

3011 Maingate Ln  
Kissimmee, FL 34747

[Explore Orlando](#)  
[Food & Restaurants Nearby](#)

## Accessibility

Click [HERE](#) to access our accessibility & accommodations form where you can let us know how we can accommodate your accessibility needs.

## What to Bring

**Junior, Teen and Senior Dancers-** In addition to the necessities such as water and snacks, we recommend you pack a notebook and pen. Whether you use it during a seminar or decide to journal before competition, we believe a notebook is an essential component of a dancer's toolkit.

**Mini Dancers-** Bring something **blue** to wear for your performance during the closing show on Sunday. Dancers can also wear Embody merch!

**Parents and Guardians-** Bring your best moves! Hip Hop with Keenan Cooks. We are offering a parent hip hop dance class along with the opportunity to perform in the closing show.

## "Embodied" Pamphlet

Remember to review the Embodied pamphlet, a digital document providing further insight on what you can expect during your time at Embody.



# CHECK IN

## **Studio Check In**

Studio representatives can check in their dancers on Friday before competition or Saturday morning before the start of the Opening Session.

At Registration, studio representatives will receive name tags and wristbands for all their dancers with completed waivers, as well as studio representative badges and any pre-purchased convention observer bands.

## **Independent Dancer Check In**

Dancers joining us independently can check in on Friday or Saturday morning before the start of Opening Session. To check in, dancers under the age of 18 must be accompanied by a parent or guardian.

Dancers attending with their studio do not check themselves in.

## **Name Tags, Wristbands, Observer Bands and Studio Representative Passes**

**Convention Only-** Each dancer and registered observer will receive an Embody wristband that must be worn at all times during convention. All dancers will receive two scholarship numbers. One of them should be worn at all times during the convention classes.

**Competition and Convention-** Studio representatives will receive passes at check in and they must be worn at all times.

## **Pronouns**

Feel free to stop by Registration to add your pronouns to your name tag! It is not mandatory, but if you are comfortable doing so, sharing your pronouns helps contribute to an inclusive environment.

# COMPETITION

## **Livestream**

Click [HERE](#) for access to our competition livestream.

Password: **ECHOTOUR.24** (all caps)

## **Dressing Room Assignments**

Dressing Room Assignments will be posted at Registration

Dressing Rooms will only be assigned for Friday and Saturday competition.

Dressing rooms needed for the closing show will be open - NOT assigned.

## **Competition Entry Pass**

The competition is free to view but for the safety of all dancers, we are requiring all individuals that do not have a dancer band or badge to present a digital pass to our door monitor upon each entry. (see below)

To help streamline this process we suggest either taking a screenshot of the pass so it's saved as a photo, downloading the pdf as a file, or making it a temporary lock screen.



## **Artist to Artist**

Don't forget to read your Artist to Artist email! All solo entries have a fourth advisor. At the conclusion of every solo the fourth advisor will send an email with uplifting feedback and encouragement for dancers to read when they get off stage. Dancers are able to read their email at Registration.

## **Improv Competition**

We are excited to announce that Embody Orlando includes an improv competition! The improv category looks like this:

- 2 divisions with a top 3 awarded in each age group | 12 and under & 13 and up
- Music randomly selected for each dancer, however, each dancer is allowed to choose what style they'd like to improv
- 60 seconds to dance with a 5 second countdown
- Dancers receive advisors feedback and scores

Participants may register onsite at our registration table.



# COMPETITION VIEWING PASS

EMBODY  
DANCE CONFERENCE



**COMPETITION  
VIEWING PASS**

TO VIEW OUR COMPETITION LIVESTREAM CLICK [HERE](http://WWW.EMBODYDANCECONFERENCE.COM/LIVESTREAM) OR VISIT  
[WWW.EMBODYDANCECONFERENCE.COM/LIVESTREAM](http://WWW.EMBODYDANCECONFERENCE.COM/LIVESTREAM)

PASSWORD: **ECHOTOUR.24**  
(PASSWORD IS CASE-SENSITIVE)

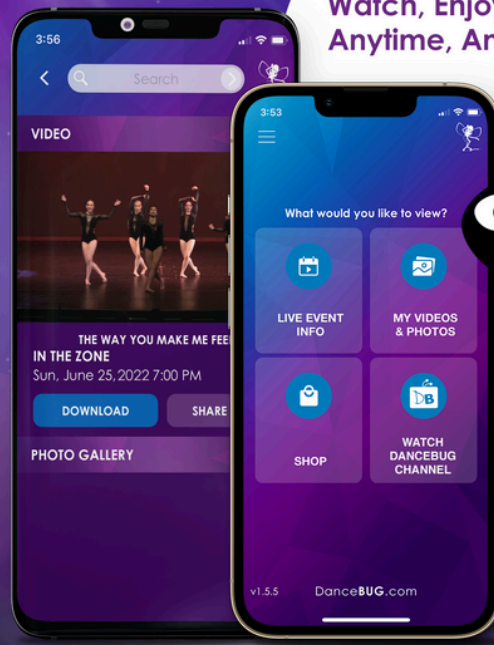
# DOWNLOAD THE DANCEBUG APP

## PURCHASE COMPETITION PHOTOS AND VIDEOS THROUGH DANCEBUG

### DO MORE WITH THE APP!

- WATCH **COMPETITION LIVE STREAMS**
- VIEW **COMPETITION SCHEDULES**
- PURCHASE **PHOTOS & VIDEOS**
- AND **MORE!**

Watch, Enjoy, Share  
Anytime, Anywhere



DOWNLOAD THE APP



App functionality differs from event to event based on competition requirements.





# CONVENTION

## Convention Age Break Down

Mini- ages 8 and under

Junior- ages 9-12

Teen&Senior- ages 13 and up

\*Age as of 1/1/25. Please note only studio representatives are allowed to bump dancers up or down.

## Convention Observers

Observer bands are available to purchase at Embody Essentials. They must be presented to our door monitor upon entry and worn at all times during convention classes.

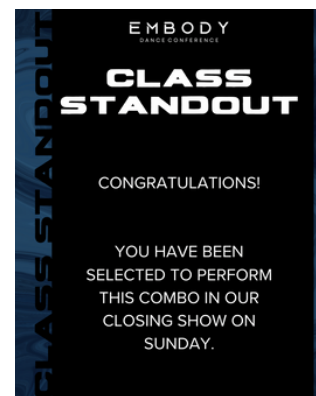
Individuals not wearing a wristband in the ballroom will not be permitted to enter the dance area. Observer bands cannot be returned or transferred.

## Friday Bonus Classes

Bonus classes are open to all registered dancers, studio directors and teachers.

## Class Standouts

One Saturday class combo from the junior room and one from the teen/senior room will be presented during the closing show on Sunday. The faculty member from the designated class will select dancers to perform the combo. Class standouts are not required to perform and are welcome to opt out. To accept the invitation, dancers must attend the Sunday rehearsal.



# CONVENTION

## DIRECTORS AND TEACHERS

### Studio Welcome Reception and Check in

*Studio Representatives Only:* Welcome to Embody! Stop by for a cup of coffee, a treat, and a warm greeting from Embody leaders, while you pick up your welcome bag and weekend materials.

### The Teacher's Plate: From Pouring Out to Filling Up

As a dance educator, you wear many hats—choreographer, mentor, costume designer, team leader, and problem-solver, just to name a few.

Join Dance Mindset Coach Ashley Mowrey over breakfast for an engaging and interactive session designed to help you redefine balance, set healthy boundaries, and prevent burnout. After all, you can't pour from an empty cup, so let's start by filling yours. Good company, honest conversation, and a nurturing breakfast await. Bring your questions and your appetite!

### Directors' Roundtable: Studio Directors and Embody Directors

Join us for an intimate conversation with Olivia Zimmerman, the driving force behind Embody as its Co-Founder and Executive Director. This gathering is your chance to step back, take stock of your season's journey so far, and dive into the real issues shaping our dance community. Share your feedback from the weekend and foster connections with like-minded studio leaders. Your experience matters here. Together, we're building the future of dance education.

DIRECTORS & TEACHERS			
FRIDAY			
12:00 PM - 12:30 PM		Studio Welcome Reception and Check In	
SATURDAY			
9:05 AM - 9:55 AM		"The Teacher's Plate: From Pouring Out to Filling Up" <a href="#">Breakfast will be available</a>	Ashley Mowrey
SUNDAY			
9:35 AM - 10:25 AM		"The Teacher's Plate: From Pouring Out to Filling Up" <a href="#">Breakfast will be available</a>	Ashley Mowrey
10:45 AM - 11:30 AM		"Directors' Roundtable"	Olivia Zimmerman



# CONVENTION

## PARENTS AND GUARDIANS

### Essential Strategies for Dance Parents

Competition weekends can be a whirlwind—but what if you could navigate them with less stress and more confidence?

Join Dance Mindset Coach, Ashley Mowrey for a transformative session on how to support your dancer before, during, and after competition weekends—without losing yourself in the process. As a former competitive dancer and now a parent, Ashley knows the highs, lows, and everything in between. She'll explore healthy boundaries and how they can transform your competition weekends, helping both you and your dancer.

This seminar is engaging, reflective, and interactive- so grab a notebook, bring your questions, and get ready for a fresh perspective on competition season!

### Hip Hop Class with Keenan

Parents and Guardians... It's your turn! Come on out and bring your best moves to hip hop class with Keenan Cooks! This class combo will be performed during the closing show. This class is open to all and performing in the show is not a requirement to take the class.

PARENTS & GUARDIANS		
SATURDAY		
12:00 PM - 12:50 PM	"Essential Strategies for Dance Parents" Pt 1	Ashley Mowrey
SUNDAY		
8:30 AM - 9:20 AM	"Essential Strategies for Dance Parents" Pt 2	Ashley Mowrey
9:30 AM - 10:30 AM	Hip Hop	Keenan Cooks

# CLOSING SHOW

## **Closing Show Routine Invitations**

Routines selected to reperform in the closing show will be announced at the conclusion of the Saturday night competition awards.

## **Mini Dancers Closing Show Rehearsal**

Mini dancers will learn their closing show piece during Cade's Saturday jazz class. On Sunday, dancers will have an on-stage rehearsal with Cade in the Main Ballroom. Dancers must have a parent or guardian present during the on stage rehearsal.

## **Closing Show**

The closing show is where we celebrate the dreamy weekend we embodied together! You can expect:

- a scholarship award ceremony
- EMCO performance
- a performance from the Embody Minis
- a performance from Keenan's Parent and Guardian Hip Hop class
- Class Standouts present their combos
- select competition group routines re-perform

## **Faculty Photos**

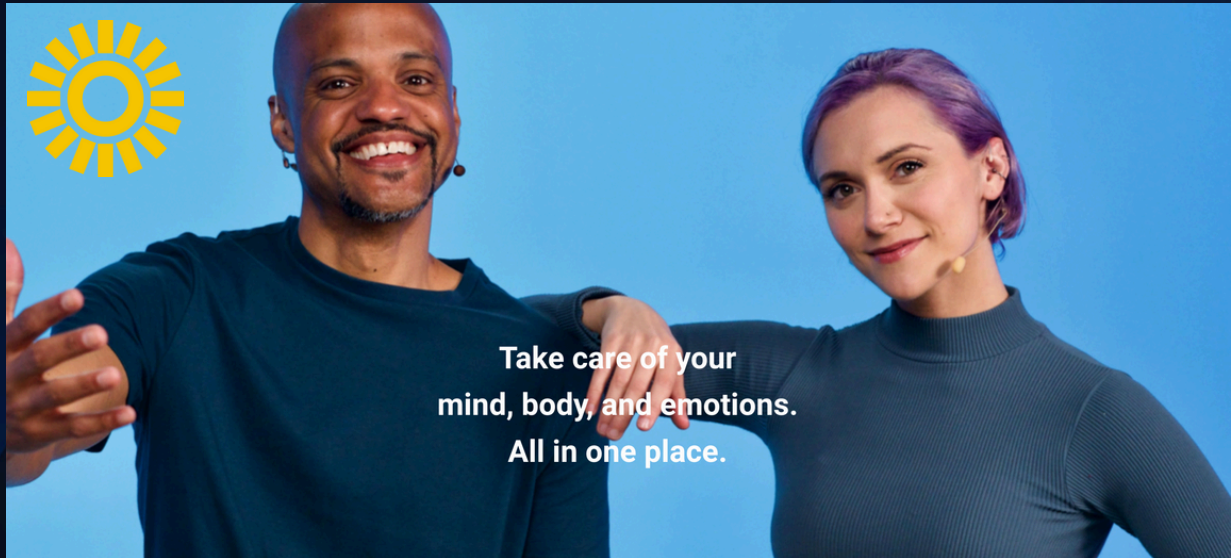
Immediately following the closing show the faculty will be available for photos on the Embody stage!

Studios will be called up in alphabetical order to take their group photo. Our photographer will take studio photos so teachers and directors can join in! Parents are also welcome to take photos at that time. After the group studio photos are taken dancers can take individual photos.

**Let's dance, Orlando!**

# movement genius

Movement for mental health.



**Movement Genius is a digital wellness platform that provides live and on-demand classes to help you improve your mental, emotional and physical well-being. Classes are designed by a diverse range of psychotherapists and experts, who incorporate evidence-based techniques proven to reduce stress, release tension, and support your mood and mindset.**

**Co-founded by siblings Alyson Stoner (actor/author) and Correy O'Neal (media executive/business strategist), Movement Genius is committed to making deep and lasting personal transformation accessible, affordable and relevant.**



# **MINI SESSIONS** **WITH** **NATALIE REY VISUALS**



## **Embody Dance Conference x Natalie Rey Visuals Mini Sessions**

**A 15 minute mini session for you to capture beautiful photos of yourself and kickstart the Embody weekend. You can come with some poses in mind and we can also explore guided movement throughout the session.**

**When: Friday, February 28th**

**Where: Onsite, Embody Orlando  
Wyndham Orlando Resort & Conference Center**

Click **[HERE](#)** for more details and to reserve your spot with Natalie Rey!

**[@nataliereyvisuals](#)**  
**[www.nataliereyphotography.com](http://www.nataliereyphotography.com)**



**THANK YOU  
FOR DANCING  
WITH US!**