

The Mental Side of Dance: Strategies to Improve Performance

**A Workshop for
Competitors, Social Dancers, & Instructors**

FREE for attendees of
BOOGIE BY THE BAY
Friday, Oct. 8, 2-3 pm, Harbour Room

Attendees of this workshop will learn strategies to:

- **Dance at a higher level with more joy**
- **Improve more quickly with less effort**
- **Feel more confident and relaxed**
- **Enter into “the zone” of peak performance**

Everyone can benefit from this workshop because it's about unleashing **the power of your mind** to become the best dancer you can be!



Dr. Milena Esherick is a Licensed Clinical Psychologist with over ten years of experience working in the behavioral health field. She is the current Director of the Master's in Counseling Psychology Program at the Wright Institute in Berkeley, CA. She is the former Clinical Director of a partial hospitalization program at El Camino Hospital in Mountain View, CA where she worked with adults with severe eating disorders, mood, and anxiety disorders. She is a frequent speaker at local and national professional conferences and training seminars. She competes in the Advanced division in both West Coast Swing and Country Two-Step.