

# Locate your Personal items, Attire and Community



<i>Personal Items</i>	<i>Attire</i>	<i>Community</i>
<p style="text-align: center;"><b>Lost and Found</b></p> <p>Has your dancer lost their favorite sweatshirt? Can't find the match to their other sock? Check our overflowing lost and found, located in the dressing room.</p> <p>Every few months we donate all leftover items - so make a visit to the bin a part of your dancer's weekly routine!</p> <p><u>Pro Tip:</u> Before your dancer's important items find their way into the lost and found, make sure to clearly label everything that comes to the studio!</p>	<p style="text-align: center;"><b>Dress Code</b></p> <p>Wearing the proper attire for class enhances freedom of movement. Your children are dancers before they even enter the room! Unsuitable clothing makes it difficult for the teacher to properly observe posture and alignment. This observance is necessary to ensure correct execution of exercises, which prevents injuries.</p> <p>Please check LPAC's dress code policies on our website to help facilitate your child's growth as a dancer and confidence inside the classroom.</p>	<p style="text-align: center;"><b>Sunday Explorers</b></p> <p>Join your fellow Stamford locals and head to the <i>Stamford Museum &amp; Nature Center</i> for the return of their popular Sunday drop-in programs. Meet one of their Heckscher Farm animals, try your hand at a scavenger hunt on the trails, see Sadie and Bert the North American River Otters get their lunch, or help to feed some animals in Heckscher WILD! (limited enrollment, ages 5 and up)</p> <p style="text-align: center;"><u>When:</u> Sundays until December 9th from 11:30 - 4:00pm</p>

## *Dancers Corner: The Importance of Breathing*

Breathing is a vital element for relaxation and physical activity such as dance; being able to control your breathing pattern allows you to maintain self-control and helps to relieve your body of excessive tension. It is a passive process by which air is drawn in and forced out of the lungs by the combined action of the diaphragm and intercostals muscles.

Place one hand on your chest and one on your lower abdomen to feel where you are breathing from. Is your chest lifting? Is your stomach expanding? If you are breathing correctly, your lower abdomen should lift first and then your chest should lift upwards. Try to keep your shoulders down and repeat this exercise for a least a minute.

If you ever feel stress, attempt to bring your attention back to you breathing, this allows more oxygen to reach your muscles, allows your brain to function more efficiently and will have a calming effect to free your body to move how you want it to.