



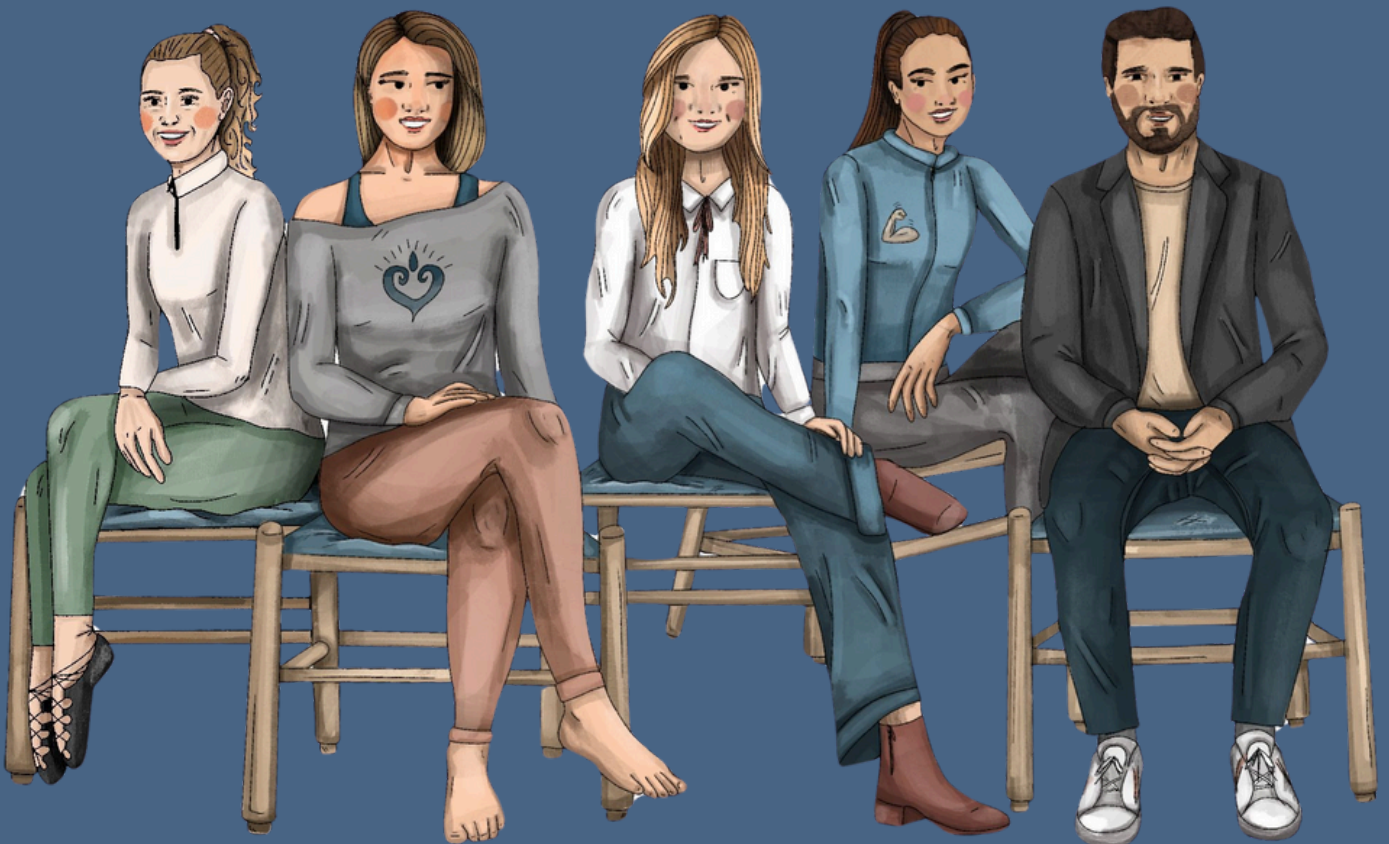
THE
FROM HEAD TO TOE
ACADEMY PRESENTS...

the ULTIMATE RESOURCE

for the well-rounded dancer

“Our mission is to help
Irish dancers reach their
full potential, inside and
outside of the studio.”

-Chloey Turner,
Founder



Barre &
Technique

Mobility &
Mindfulness

Nutrition

Strength &
Conditioning

Mindset



About the From Head to Toe Academy

WE UNDERSTAND THAT WHAT HAPPENS IN THE STUDIO IS YOUR DOMAIN.

WE HAVE DESIGNED THE ACADEMY TO TAKE THE GUESSWORK OUT OF THE EQUATION FOR BOTH DANCERS AND TEACHERS AS TO WHAT **ADDITIONAL RESOURCES MAKE FOR THE MOST WELL-ROUNDED, FITTEST DANCER** FROM THEIR HEAD ALL THE WAY DOWN TO THEIR TOES. OUR EASY-TO-FOLLOW VIDEOS CAN EASILY BE INCORPORATED INTO CLASS SCHEDULES OR VIEWED **ON DEMAND**.

our ethos

While physical fitness is often considered the hallmark of a great dancer, we can all agree that it is merely one piece of a much bigger puzzle. Our mission at From Head to Toe is to help dancers **reach their full potential inside and outside of the studio**.

The coaches at the From Head to Toe Academy offer Irish dancers a **holistic approach** to their well-being, from their internal self-talk and motivation to their turnout.

As members of the Academy, dancers will learn an integrated approach to health and performance.

Rooted in up-to-date scientific and evidence-based practices, our classes and workshops will help dancers develop crucial skills like **confidence and resilience**, as well as train the body.

Our strength and conditioning classes will enhance technical Irish dance skills, our nutrition coach will teach dancers how to fuel themselves properly, and our mobility and flexibility sessions, yoga classes, and breath work will share our ultimate recovery methods.



“Small daily improvements overtime lead to stunning results.”

-Robin Sharma

What does being a Member offer you?

as a teacher

Teachers often **don't have the time to be coaches, trainers, parent figures, and therapists all at once**. As members of the Academy, you can outsource your dancers' strength training, extra flexibility sessions, mindset, and competition preparation to focus on what you're most passionate about. Many teachers who are Academy members enjoy **incorporating our videos into their classes** through our warm-ups, stretching, core workouts, and turnout techniques.



as a dancer

As we all know, this isn't just a physical sport; it's just as much a mental one. Working hard in the studio is just one piece of the puzzle. At the Academy, we want you to have **a safe space to explore topics such as performance anxiety, proper diet, resilience after a loss, and goal setting** — alongside technical skills to have the best front extensions of your dance career!



as a parent

Parents have spoken to us about feeling helpless to assist their children outside of taking them to their dance classes. The on-demand Academy classes and workshops offer **at-home resources for the whole family to continue their dancer's dedication** to their craft from the comfort of home.



meet the founder

Hi, I'M CHLOEY TURNER

MOBILITY & MINDFULNESS COACH

After dancing competitively and professionally, I've dedicated my life to **helping dancers avoid the mental health pitfalls I myself struggled with** by offering them a well-rounded approach to their training.



early life

I started dancing when I was 8 years old. I **competed for a number of years before becoming a personal trainer**. After taking a couple of years out, I missed dance, so I got back to the studio to practice, auditioned for Riverdance, and off I went for 12 years!

my life as a dancer

As I reached the peak of my dance career after touring the world as **the female lead of Riverdance**, I discovered that the key to optimal performance in dance (and life) is based on four pillars: **Training, Nutrition, Recovery and Mindset**.

as your FHTT coach

"As your coach, I am passionate about **sharing the tools that have enabled me to perform at the highest level** for so long. I will provide dancers with various methods to maintain a healthy, strong, and happy mind and body. I feel blessed to be in a position where I can **give back and assist dancers on their journey** towards becoming their most vibrant self."

FUN FACTS



AS A YOUNG GIRL I WANTED
TO BE A DISNEY PRINCESS,
SPECIFICALLY BELLE



I AM MOST PASSIONATE
ABOUT FOOD!



THE BEACH IS MY
HAPPY PLACE



I'M IN THE PROCESS OF
WRITING A BOOK



It Takes a Village to Prepare a Dancer...

meet the rest of the coaches



FRANCES DUNNE, STRENGTH & CONDITIONING

Frances specialises in helping dancers harness the power of connecting the brain and body. Through sensory and nervous system work, movement patterning, and adaptive conditioning methods, she helps dancers understand how to overcome their challenges and optimise their performance both athletically and technically.



DR. MITCHELL DESIMONE, SPORTS PSYCHOLOGY

Dr. Mitch is a retired professional Irish dancer who holds a master's and doctoral degree in Sports & Performance Psychology. A certified Mental Performance Consultant, he actively works with professional, collegiate, and youth performing artists and athletes to help them develop mental habits and routines that simultaneously promote elite performance and positive mental health.



MAGGIE DARLINGTON, BARRE & PILATES

Maggie has a lifetime of experience in the Irish Dancing world. As a professional Irish dancer, she has toured the world for over a decade with the Grammy-winning production Riverdance. Maggie has always believed that cross-training and trying new things are important for success in life *and* dancing. She is excited to offer classes that promote balance and stability within the body for dancers.



DR. MEGHAN BROWN, NUTRITIONIST

Dr Meghan Brown is a lecturer in Sport and Exercise Nutrition, with expertise in Dance Nutrition. She completed her Ph.D. and continues her research to advance our understanding of how nutrition can support both health and performance. Meghan is passionate about improving nutrition knowledge and providing nutrition support to dancers as a registered Sport and Exercise Nutritionist.



What does an average week at the Academy look like?



Sports Psychology Workshops with Dr. Mitch. 1 each month

M	T	W	T	F	S	S
Mindfulness Mini Series Part 1 with Chloey, on demand	LIVE Mobility & Mindfulness class with Chloey, 5 pm (EST)	Dr. Mitch, Performance Enhancing Mental Skills Workshop, 8:30 pm (EST)	Turnout Technique Challenge with Chloey or Fran, on demand	LIVE Barre/ Technique class with Maggie, 5:30 pm (EST)	LIVE Strength/ Conditioning for Irish Dance with Fran, 9 am (EST)	LIVE Workshop with Dr. Meghan Brown every other month

Part of a 5 day technique challenge



Dancers can combine our **on-demand videos** found in our library with our live class schedule to train at their own pace while also benefitting from the **accountability and feedback from a live class**. Live classes and workshops are recorded and uploaded to the library.



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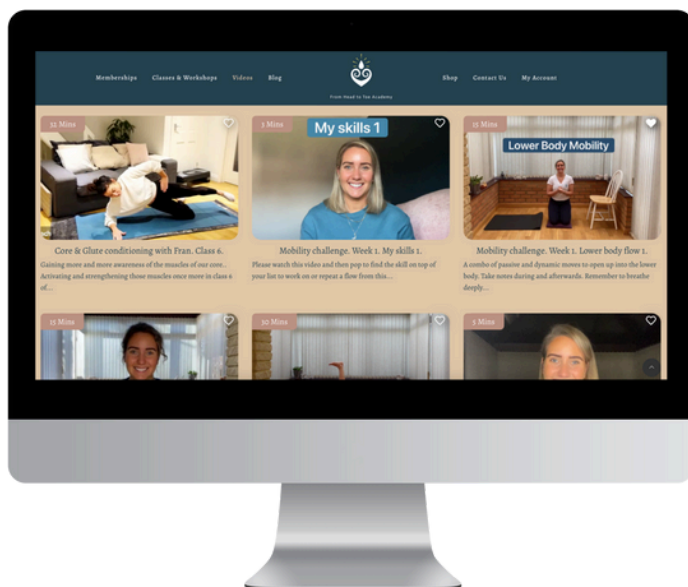


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Our Membership Pricing Tiers

Whether you want to bring your whole school on board with the Academy, or just your most dedicated students, we have a plan for you. Individual monthly or annual memberships are also available. **ALL dance school memberships have access to discounted in-person workshop weekends!**



\$35

Individual Monthly

- ✓ Access to ALL Live classes and workshops
- ✓ Access to our group WhatsApp & VIP Facebook group
- ✓ Need additional help? You may contact Chloe
- ✓ Access to ALL on-demand videos. Includes past live class uploads.

\$300

For schools with < 20 active users

- ✓ Access to ALL Live classes and workshops
- ✓ Access to a WhatsApp group for your dancers only
- ✓ Need additional help? You may contact Chloe
- ✓ Access to ALL on-demand videos. Includes past live class uploads.

\$400

For schools with 21-40 active users

- ✓ Access to ALL Live classes and workshops
- ✓ Access to a WhatsApp group for your dancers only
- ✓ Need additional help? You may contact Chloe
- ✓ Access to ALL on-demand videos. Includes past live class uploads.

\$500

For schools with 41+ active users

- ✓ Access to ALL Live classes and workshops
- ✓ Access to a WhatsApp group for your dancers only
- ✓ Need additional help? You may contact Chloe
- ✓ Access to ALL on-demand videos. Includes past live class uploads.
- ✓ **One Extra Live class or workshop a month with an academy expert - help with in studio programming**

Get 2 months free when you choose an annual membership!

\$350

Individual Annual

♥ Fans of the Academy

We're so grateful to our members



“Chloey and Fran of Head to Toe Academy bring the perfect combination of passion and skill to the studio. Through their **combined experience of both competitive and performance excellence**, their detail-oriented approach addressed not only the physical needs but also the mental needs of our dancers. I found Chloey and Fran both approachable and personable with all of our students, quickly setting the expectation that questions were welcomed and that self-accountability is a necessary tool for making their lessons effective. Students left the workshop immersed with new information, feeling **happy and motivated**. I, as a dance teacher with decades of experience, was thrilled to have learned so many new tools that I can practice consistently with my students moving forward. Thank you, Chloey and Fran, for such a spectacular weekend!” - **MAURA GRAY, TCRG**

“The work Sarah has done with Chloey and From Head to Toe Academy has been **nothing short of transformational**. We are so proud of her and consider ourselves so lucky that she's had the opportunity to connect and work with Chloey.” - **PARENT, NORTH CAROLINA**

“The meditation track really helped me become a better dancer! **I was feeling so nervous and frightened** about the fact All Irelands was so close and I listened to the track! The part where it said to think when you were dancing and felt pure joy really hit me, and I thought back to when I was 3rd at Worlds! It **made me feel like anything was possible**, and so I continued to listen, especially the night before All Irelands! I believe this has helped me win All Ireland and become my biggest accomplishment to this day! It's amazing and I definitely recommend it to everyone else.” - **YUCEF BELOUAZANI, DANCER**


“I just wanted to say how much my daughter enjoyed it and what a wonderful thing you are doing for all the dancers. The routine, the focus, and the physical exercise **are so important for their mental health**, so I just wanted to say **a huge and heartfelt thank you**. Also, I think you have a real gift for communicating with the dancers—it's wonderful to see, and I hope it gives you some joy in your heart. Many thanks again.” - **PARENT, LONDON**


“Thanks to Head to Toe Academy, over the past year, **my dancing has improved so much**. Head to Toe has especially helped me improve my turnout, pointing, and flexibility. Specifically, the guided exercises on the video library **help me keep a routine** and really focus on the exercises I am working on. The live classes help me because I **receive feedback** on my form from knowledgeable instructors. All of this really helps me to improve my dancing overall. The Head to Toe Academy has been **a game changer** for me and I am so thankful for everyone there.” - **SAVANNAH CARRANZA, DANCER**





Ready to lighten your load and support your dancers?

click here to reach us at...

 info@fromheadtotoeacademy.com

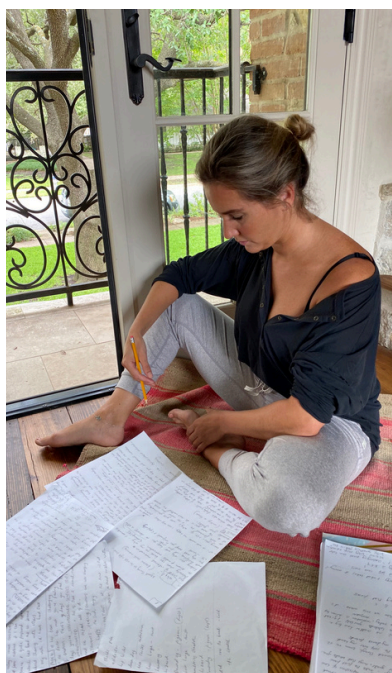
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Yes, we have
merch!



Looking forward to working with you!

