

**ROYAL ACADEMY
OF DANCE**

This is to certify that

Katinka Lang

Attended

**An Exploration of Approaches to the
Teaching of Balance and Weight
Transference in a Ballet Class**

22.03.2025

1.5 hours Time-Valued CPD

Certified by

A handwritten signature in black ink, appearing to read 'Mia Romanus', written in a cursive style.

Mia Romanus
Head of Continuing Professional Development

Transcript of Achievement

Activity Aims

The aims of this activity are to:

- Have a deeper understanding of the definition of balance and transfer of weight,
- To learn practical exercises that can support and improve balance and transfer of weight, and
- Offer a platform to share ideas on more effective balance and weight shifting.

Activity Learning Outcomes

On completion of the activity, participants will:

- Have a deeper understanding of balance and weight transference,
- Develop confidence to try new ideas and concepts in ballet classes, and
- Understand how different pedagogical concepts can support learners to better embody balance and transfer of weight.

Valid for RAD CPD Year

1 September 2024 – 31 August 2025