

JANUARY INTERVIEW— Emma Reade



What influenced you to become a therapist/instructor?

Throughout my childhood right the way through to my early 20's, I trained as a dancer & spent much of my time rehearsing for shows & exams in the world of dance. After an 8 year gap away from the fitness & dance industry, I realised how much it was a part of my wellbeing & how physically & mentally I was healthier by having them in my life. This is when I began to go back to my roots of teaching ballet to children & instructing Zumba & Barre Classes to adults.

What training did you do to work in your chosen profession?

My professional dance training helps enormously when I am teaching a Barre Class as my experience of developing a beginner right the way through to advanced levels is from my own dance journey. 6 years ago I trained as a Barre Concept Instructor on the very first Reps approved Barre training course in the UK.

What aspect of your job you enjoy most and why?

I love exercise classes that work to the beat of the music & that is exactly what we do. We use uplifting music to motivate us & to forget about the outside world.

How did you get involved with Durham House?

I got involved with Durham House just before the completion of The Studio build in Farnham. I found The Studio to be a beautiful space that would be perfect for Barre Classes & would offer Studio attendees more variety to their workout schedule. With Barre being a low impact class, I found it has also been ideal for chiropractic patients to join as part of their rehabilitation.

What is the most rewarding part of your job?

It is so rewarding for me to see the physical changes that happen to my class participants, within weeks their posture improves, they clearly show better muscle tone & definition as well as a greater range of flexibility. To me, the best of all is noticing the rise in confidence that the participants show & the sense of fun that they find during a class. The insecurities they may have felt when starting a class for the first time is lost after the first class. Each of them have their own personal aims which they thrive and excel in working towards.

What tips would you tell people who are worried about having treatments with you/taking a class with you?

My tip would be, 'know that we are a very friendly group, we encourage, we laugh, we work hard & we love to enjoy what we do. It doesn't matter if you haven't exercised for years or if you have never taken a class before, we all work on our own journey & empower each other to excel'

People assume you need to have taken ballet lessons before to participate in a Barre class. This is wrong, it may be called Barre but we simply use some basic positions & poses of a dancer that encourages a strong core & posture. New workout clothing is not needed, just leggings & a t-shirt are perfect. You don't need ballet shoes, yoga socks or any equipment, just your enthusiasm & water bottle.

What would you tell someone who might be considering a career as a therapist/instructor?

I'd advise anyone wishing to be an Instructor to keep attending classes of all kinds, it all helps! Yoga, Pilates, Barre & Dance based classes are all elements in a Barre class so experience in all of these areas would be a huge advantage. Keep attending classes & be curious.

What do you wish other people knew about your profession?

I wish others knew how rewarding it was to have such a positive impact on other people's lives. To be a part of such a successful transformation is a privilege & such a buzz. The lesson planning, music arrangement, variety of exercises, medical history of attendees etc is all part of the build up to a successful and enjoyable class. There is always thought put in to each & every class taken to ensure maximum results.

What do you enjoy doing when you aren't working?

I enjoy hanging out with my 3 children & when the opportunity arises I love an afternoon nap. Aside from that, I have an obsession with moving my furniture around, decluttering & making new spaces in my home where my husband thinks it's not possible! For my wellbeing it's reflexology & walking my dogs. The reflexology has re balanced me for years as well as helping me through pregnancies. I walk the dogs with no phone so I can completely switch off & just enjoy my surroundings.