

Dance education, from body to mind, begins with the basics at **LYNCH DANCE INSTITUTE**

By Anita Edmondson



“Dance is what you do, it’s not who you are,” observes Alex Lynch who founded Lynch Dance Institute (LDI) in Poway with her husband, Tim. As lifelong professional dancers themselves, the Lynches are living proof of that. Tim notes, “Only one percent of dance students become professional dancers, but we teach assuming everyone has that possibility.” Regardless of their professional future in dance, all LDI students learn the fundamentals of physical and mental well-being that they can take with them on any path they choose in life. This philosophy is often what draws parents of young dancers to their studio and helps dancers of all ages and skill levels thrive under their tutelage.

Dance for all

LDI, located at 12227 Poway Road, opened its doors in 2017. It was a natural progression for the Lynches, who spent many years as successful professional dancers, choreographers and instructors. Tim received his dance training from the School of American Ballet and spent 20 years with the Pacific Northwest Ballet in Seattle. This is where he met Alex, a native Canadian who trained at the nationally acclaimed Goh Ballet Academy in Vancouver, B.C.

After leaving Pacific Northwest Ballet to pursue other opportunities for several years, the couple, along with their three children, William, Cameron and Quinn, moved to the San Diego area and decided to open their own dance studio. They envisioned a studio that emphasizes the fundamentals and self-development they felt were lacking in their own dance education. “We are unlike any other place in San Diego,” explains Alex. “We have a strong voice, a conviction and sense of integrity that is unyielding.”

Rather than focusing on competitive dance, the institute offers a comprehensive, developmentally age-appropriate dance curriculum. The program allows students to progress at their own pace and build confidence and skills. The curriculum includes all

levels of ballet, tap, jazz, contemporary and modern for dancers from age three to adult. Their students come from Poway and surrounding areas and as far as Carlsbad, Oceanside, and even Los Angeles.

A unique body-mind approach

“Dance is more than learning steps,” the couple notes. “We offer a well-rounded dance education that encompasses mind, body and soul.” The Lynches and their artistic staff of 12 instructors teach students body awareness, directional relationships with their body and space, anatomy, even the importance of hydrating the fascia. Alex says it’s often the little things that have an impact later. “I tell my students, ‘I’m giving you this for your pockets to use later.’ It’s like the fifth pocket in your jeans. That’s where your super cool stuff goes.” The institute’s faculty also includes a physical therapist and mental wellness expert who provide their resources for LDI students.

Seeing confidence grow every day

The Lynches credit their students as a big source of inspiration for them. “It’s tremendous to see their growth on a regular basis,” says Alex. “When I see that win, it’s huge because I know what it took to achieve and get from A to B.” As a professor of dance at the Colburn School and California State University Fullerton, Tim sees student growth as an extension of the trust they have in him. “They know you’re coming from a place of integrity. And when it all comes together for them, there’s nothing better.”

Open door for dancers

The Lynches emphasize that LDI is not elitist. “What we’re doing is special, but it’s not for those who only strive to dance professionally,” says Alex. “Our student body is so diverse because people understand we are open to everybody.”

For more information on Lynch Dance Institute, visit <https://www.lynchdance.com/>



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