

*A preface by Lynn Simonson*

Saskia de Badts' SPITZ is long overdue. Why wasn't this information available in my lifetime?

I am Lynn Simonson, creator of The Simonson Technique. The roots of my life's direction were developed during the years that I lived and taught in Amsterdam, 1967-1972.

I choreographed for Scapino Ballet, Rotterdams Danscentrum, and many musicals and television productions. I worked with artists and producers such as Jasperina de Jong, Seth Gaaikema and Sleeswijk.

It is interesting to be older and to look back at the lineage that grew from my teaching in the Netherlands. The students I taught became the next generation of teachers, Yu Lan Tjoa, Wim de Haas, Vladimir Donse, Erika Rooda, Minneke Walstra, Henny Kamerman and Ria Martens (who studied with me in Belgium and NYC).

I first met Saskia when I guest-taught for Barry Stevens in Amsterdam, and we instantly connected. I call it "the Dutch connection"! I suggested she come to NYC and study at our school, Dance Space, which she did in 1987. Saskia was always so inquisitive about the details of The Simonson Technique, and I noticed that beyond her passion for dance was a sharp, detailed mind, supported by a huge loving and generous heart. We hired Saskia to be a manager of Dance Space, as we recognized a greater scope to her talents. Saskia also subbed dance classes for us, worked with me at Jacob's Pillow and assisted me at Windhover, Rockport MA.

When I was a young ballet student and during most of my early years in NYC, we were all brainwashed into believing and accepting the image of the ideal skinny ballerina. There was no information available as to dancer's health, so we all found our own ways to stay thin. Mostly by not eating, so therefore we had no energy. The solution to no energy was to then grab a coffee and donut, using caffeine and sugar to fire us up.

I remember being sick a lot, with colds, bronchitis, and flu. My body had no nutrients to keep me healthy.

Even at 30, I thought my tiredness was from overwork, teaching 6 days a week and not realizing that I wasn't eating correctly.

In my mid-30s, I began to turn my life around in terms of food awareness. Adele Davis wrote books on nutrition and that began my deeper study of "food"; nutrition, food allergies, vitamins, etc., and how proper nutrition brings you into clearer and vital health, physically, mentally, and emotionally. I took baby steps to change a lifetime of sabotaging habits. For years I have now been wheat, gluten, and sugar-free. My weight naturally dropped, my energy skyrocketed, and, at 78 years of age, I take no medications and teach 5-6 classes a week.

Saskia has written this book from a personal history of confronting negative issues of self-image and eating habits. She has been there and is the perfect person to gather and share this information. I am so excited for the release of *Spitz!* This book is especially relevant for young dance students, their parents, and teachers. But it is also informative for all who read it, as an inspiring roadmap that will support and guide one into an amazing "now" and future of great health and longevity.

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ROUGH THOUGHTS

They are great because of their past