[IMAGE]

Driven to Dance

By Editorial Staff

"The chiropractic work that Dr. Trev [Trevelynn Henuset, DC, who provides chiropractic care to the entire cast] does on me makes a big difference in the show. It allows me to be even more available to give everything I have to give on stage."

As a lead dancer in Celine Dion's theatrical production "A New Day," presented at Caesar's Palace in Las Vegas, Titof is a model of good health. After conducting thousands of auditions in Montreal, London, Paris, Amsterdam, New York, Las Vegas, Los Angeles, Chicago and Belgium, the show's elite international cast was selected and relocated to Las Vegas for training. Each performer in the show has perfected cutting-edge choreographies, and has mastered the challenge of aerial training and percussion and vocal sessions through rigorous workshops in the U.S. and abroad. To date, Titof has performed more than 627 shows with Celine Dion, each one before an audience of 4,200 people.

Titof and Celine Dion performing in A New Day. - Copyright â Stock Photo / Register Mark Titof is highly trained in a wide range of dance styles and techniques, including classical, modern, jazz, African, hip-hop and acrobatics. He appeared with Britney Spears in a video celebrating the opening of Disney's second theme park in Paris, and in the hit musical "Notre Dame de Paris." He also performed in the Olympic Art Festival at the Atlanta Games. In this exclusive interview, find out how a healthy mind, body and spirit keep Titof *driven to dance*.

Q What does it take to be a performer in "A New Day"?

A Being a part of the incredible show "A New Day" is an amazing opportunity as an artist. I'm very grateful to Celine and Franco Dragone [the show's creator] for having me in their show. As a performer, the first thing you need is discipline. Second, you must put your priorities in order. For me, that means focusing on being healthy for the show, so I can give my best, night after night. My purpose is to evolve in my ability to dance, to share and to entertain people.

In terms of preparation for the show, I wake up in the morning and meditate. This is a big part of my life. Then I do Hatha yoga to prepare and awaken my body. After that, I eat a healthy breakfast - cereal, orange

juice and fruit. Around 3 p.m., I come to the theater and take class - ballet, jazz, modern or fitness. After class, we have a note session with our artistic director, who gives comments on the show from the day before. Then I get ready for the show. I warm up again from 7:15 p.m. to 8 p.m. And then we perform.

Q The health services director is a doctor of chiropractic. How does chiropractic help you maintain your health?

A Working with Dr. Trev [Trevelynn Henuset, DC, who provides chiropractic care to the entire cast] is an important part of my life. I see him every two days. We have a good connection because he listens to me, is attentive to me, and wants my feedback to help release the pain or adjust the part of my body that needs to be adjusted every other day. He keeps me flexible and loose. The best part is we share information and work together as a team. The work that Dr. Trev does on me makes a big difference in the show. It allows me to be even more available to give everything I have to give on stage.

Q There are also massage therapists on staff. How does massage therapy play a part in your health?

A Massage therapy is very important to me. I have a massage every two days to release the tension I have from working on an inclined stage. We have done 627 shows, so you can imagine the impact on our bodies. A massage is a delight and a pleasure, and we need it to allow our bodies to rest and recover. I wish all dancers and performers could have massage therapy regularly.

Q What is your philosophy of health? What guides your decisions on keeping your body healthy?

A It’s all about gratefulness and being aware that the body is a temple. With this body, you are able to share feelings with others. It’s a vehicle to bring joy and happiness to others. I take very good care of my body, both physically and mentally; there is no separation of the two. I practice meditation to become aware of what my body needs and when it needs it. If my body isn’t ready, I won’t push it. It’s important to find a way for my body to be its best each day. When my mind and body are balanced, it’s heaven. When they’re unbalanced, I need to find out why.

I feel so grateful to be able to do my job and give to the audience. We have 4,200 people watching the show every night. I’m honored to share my ability with that many people every day. I always tell myself before I go on stage, "You cannot say my back hurts, I don’t feel good, or I’m going to take it easy tonight." That’s not my philosophy. My philosophy is first, being grateful and second, giving my best every night because I want people to be happy, smile and dream. That’s why we’re here. When I’m aware of what I want and how

I want to be in my show, it brings me lots of joy and gratefulness.

Titof and another dancer performing in A New Day. - Copyright â Stock Photo / Register Mark **Q** The show is coming to an end. What does that mean to you?

A It means we will have to move on. I don't know yet what the next step will be. I've been here almost five years and I'm thankful to be part of this unique, unprecedented adventure. We have 48 dancers from all over the world. This experience has been unique for everyone; there's no show like this in the world. I'm happy to be part of the creative process, the great choreography and the great visual effects.

I hope to work again with Franco Dragone because he's a genius with a big heart, lots of talent and a special sensitivity to artists. I know the end is coming, so I enjoy each day even more. Each day is a thrill and a way to explore even more about what it is to be an artist, what it is to communicate with the audience, what it is to connect with a star like Celine Dion on stage, and what it is to live this life with discipline and to enjoy being on stage even more.

Q Is there anything else you'd like to share with consumers who are increasingly concerned about health and the way they live their lives?

A I want them to know that inside themselves are beauty, joy and happiness. You may not be aware of it. Believe in yourself and don't be a victim of your life. Go inside your heart, find the still place and ask yourself, "Am I really doing what I want to do? Am I really happy with my life?" And never forget that you have a choice. You are not a victim. You have the choice and the power inside to change your life if you aren't happy. You just need courage, faith and an inner strength that is deeply rooted in yourself.

To the people reading this interview, know that it is never too late. My life has been incredible. Whatever has happened to you, there is a lesson behind it. It's about finding and understanding the teaching hidden behind the situations and events that happen in your life. The answers will uplift your soul and your mind, and will help you understand who you are on a deeper level.

You must put your priorities in order. What are your priorities in your life? Do you want to be joyful? Do you want to love yourself? Do you want to have children? Or do you always want to complain about what happens to you and what you don't have? Look at what you have, instead of what you don't have, and you'll find yourself lucky. Often, we have a lot. Believe in yourself, don't judge too much and be truthful to yourself.

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