



“The classes help me feel physically better, which helps my mood. It helps with my balance and gait issues. I have met many new friends with PD at varying levels of PD. It helps me be hopeful. The PD classes are a wonderful addition to my weekly exercise routines. The classes are a good challenge, but generally within my PD capabilities.”



“It’s helping me to keep in mind the significance of not permitting PD to define me, but rather for me to shape my own dimension in the struggle to maintain mobility and agility.”

Photos and quotes courtesy of the Dance for PD website:

<http://danceforparkinsons.org/about-the->

Where, When, What & Who

- Baptist Church Hall, Merrigang Street, Bowral
- Thursdays 1:30—3:00 PM
- A total of 60 minutes of guided movement with music plus discussion, education, socialising and coffee
- People with Parkinson’s: \$10
- Carers, friends, family: no charge

AN EVIDENCE-BASED PROGRAM FOR PEOPLE WITH PD



LOOSEN UP- PRANCING FOR PARKINSONS

Based on the New York Model—Dance for PD



What are the outcomes? How might you benefit?

- Dance develops flexibility and confidence
- Dance is first and foremost a stimulating mental activity connecting mind to body
- Dance breaks isolation
- Dance invokes imagery in the service of graceful movement
- Dance focuses attention on eyes, ears and touch as tools to assist in movement and balance
- Dance increases awareness of where all parts of the body are in space
- Dance tells stories
- Dance sparks creativity
- The basis of dance is rhythm
- The essence of dance is joy

LOOSEN UP

It Feels Good

Dance is one of the most enjoyable of human activities. Persons with PD dance because it feels good. It's fun. Initiating and sustaining sequences of movement does become much more difficult with PD. Persons with PD often discover ways that help them move, such as walking close to another person to feel or "catch" their pace, stepping over lines on the floor to start moving, listening to a rhythm while moving or thinking about a movement before and during the movement sequence. These same techniques enable persons with PD to dance. In fact dancing is often easier for persons with PD than everyday movements. Very similar techniques enable dancers professionally trained in ballet and modern dance to perform movements that are very difficult to learn and execute. In Dance for PD® classes, persons with PD dance together with their dance leaders, using all of these techniques.



Where did it start?

Dance for Parkinson's Disease is a project that started in 2001 when Olie Westheimer, director of the Brooklyn Parkinsons Group, approached the Mark Morris Dance Centre about the possibility of the centre leading a programme of serious, dance classes for members of her group.

Westheimer knew how valuable the dancers' expertise in balance, rhythm, control and sequencing might be to those with Parkinson's disease. Learning to dance might allow them to push against the physical and creative limitations imposed by the disease. Two members of the Mark Morris Dance Group, with a composer and pianist, began giving free monthly classes for the Brooklyn group. The sessions have since developed into an extensive programme and variations are offered in nine countries.

Register and Enquire:

Contact

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