



## Introductory Training Workshop—Ormond Beach, FL January 29-30, 2011

### ► Location

Ormond Beach Family YMCA, 500 Sterthaus Drive, Ormond Beach, FL 32174

### ► Workshop schedule

#### Saturday, Jan. 29

10-11 Why Dance for PD Introduction and DVD

11-1 Training Modules 1, 2

1-2 Lunch

2-5 Training Modules 3-5

#### Sunday, Jan. 30

10-11:30 Training Module 6

11:30-12:30 Teaching practice session

12:30-1:30 Lunch

1:30-3:00 Dance for PD class with community participants

3:15-3:45 Discussion with trainees and participants

4-4:45 Wrap-up/logistical concerns

5:00 David departs for Orlando Airport

### ► Facilitator

David Leventhal

*Founding teacher and training facilitator, Mark Morris Dance Group*

Dance for PD's Program Manager and one of its founding teachers, David danced with MMDG from 1997-2010. He performed principal roles in *The Hard Nut*, *L'Allegro, il Penseroso ed il Moderato*, and *Romeo and Juliet, on Motifs of Shakespeare*. He is a faculty member of the Mark Morris Dance Center in Brooklyn, and teaches technique and repertory at schools and universities. Raised in Newton, Mass., he received his early training from Boston Ballet School, and graduated from Brown University with honors in English Literature.

## About Dance for PD®

**Dance for PD®** is a unique collaboration between the Mark Morris Dance Group (MMDG) and the Brooklyn Parkinson Group (BPG), a chapter of the National Parkinson Foundation (USA). MMDG/BPG started offering free dance classes for people with Parkinson's in 2001, after BPG's Executive Director Olie Westheimer approached MMDG with the initial idea for a class. Since 2005, the two organizations have expanded the **Dance for PD®** program into more than 40 other communities around the world by engaging participants in **Dance for PD®** master classes, training teachers through intensive workshops, and nurturing relationships among organizations so that ongoing classes are available to local communities.

The **Dance for PD®** teaching approach is built on a fundamental premise: professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know all about stretching and strengthening muscles, and about balance and rhythm. Most importantly, dancers know about the power of dance to concentrate mind, body, and emotion on movement; they use their thoughts, imagination, eyes, ears, and touch to control their bodies. **Dance for PD®** teaching artists integrate movement from modern and theater dance, ballet, folk dance, tap, improvisation, and choreographic repertory to engage the participants' minds and bodies, and create an enjoyable social environment that emphasizes dancing for dancing's sake. The dance class is an aesthetic experience that focuses on developing artistry and grace while addressing such PD-specific concerns as balance, flexibility, coordination, gait, social isolation, and depression.

The method has been presented at the International Congress for Parkinson's Disease and Related Disorders in Berlin (2005), the World Parkinson Congress in Washington, D.C. (2006) and at Neuroscience 2008 in Washington D.C. Articles about the class have appeared in *USA Today*, *Neurology Now*, *The New York Times*, and *Topics in Geriatric Rehabilitation* among other publications, and the class has been featured on NPR's *All Things Considered*, PBS Frontline, PBS NewsHour and CBS. **Dance for PD®** was featured as a model program at the 2010 Annual Conference of the Society for the Arts in Healthcare (SAH). The program's teaching points have been condensed into the DVD entitled *Why Dance for Parkinson's Disease?* (2009), which won first prize at the 2010 SAH Film Festival.

In addition to hosting a weekly class for 50 participants at the Mark Morris Dance Center in Brooklyn, NY, MMDG/BPG have offered **Dance for PD®** classes to communities in San Francisco, Oakland, Berkeley, Louisville, Ann Arbor, Seattle, Urbana-Champaign, Toronto, Edinburgh, London, Auckland, and Tel Aviv, among others. Such medical centers as Evergreen Hospital (Seattle), Jewish Hospital/Frazier Rehabilitation Institute (Louisville), Carle Hospital (Champaign-Urbana), and Beth Israel Deaconess (Boston) have hosted demonstration classes in their facilities.

Since 2007, MMDG/BPG have sponsored more than eight teacher training workshops, which have led to the replication of **Dance for PD®** classes in 17 states throughout the United States, and in Canada, Germany, Israel, India and the United Kingdom.

John Heginbotham, David Leventhal and Misty Owens, the program's founding teachers, work with Ms. Westheimer, Dr. Ivan Bodis-Wollner, Director of the Parkinson's Disease and Related Disorders Clinic, Center of Excellence, at Kings County Hospital and the program's Medical Director, and Eva Nichols, MMDG's Outreach Director, to develop the curriculum, design specialized training programs, and coordinate the development of new classes. A 22-member advisory board provides guidance and stewardship. More information is available at [www.danceforpd.org](http://www.danceforpd.org).