

Mark Morris Dance Group, George Mason University's Center for the Arts,
Parkinson Foundation of the National Capital Area and Brooklyn Parkinson Group
present:

DANCE *for* PD®

A free movement class
for persons with Parkinson's Disease and
their partners, caregivers and friends

Saturday, February 5
2:00-3:30 pm

At the **Center for the Arts Concert Hall**
George Mason University (Fairfax Campus)
4400 University Drive, Fairfax, Virginia 22030

Class taught by
David Leventhal and John Heginbotham
from the Mark Morris Dance Group (Brooklyn, NY) with
live musical accompaniment.

► To register: Please call 646-450-3373 or email
danceforpd@gmail.com.



Photo: Amber Star Merkens

About the class

In Dance for PD® classes, participants explore movement and music in ways that are enjoyable, stimulating and creative. A unique collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group, a chapter of the National Parkinson Foundation, the program is built on one 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 how to use their thoughts, imagination, eyes, ears and touch to control their movements. This popular class is appropriate for anyone with PD, no matter how advanced. No dance experience is required. In chairs, at a barre or standing, you will explore elements of modern dance, ballet, tap, folk and social dancing, and Mark Morris company repertory in a stimulating, enjoyable, non-pressured, social environment in which live music energizes, enriches and empowers. Classes modeled after Dance for PD occur in more than 40 communities in the US, Canada, India, UK and Germany. For more information, please visit www.danceforpd.org.

Mark Morris Dance Group at GMU

Catch the Mark Morris Dance Group at the Center for the Arts. Two performances only, Feb. 4 and 5.
For information and tickets, visit <http://cfa.gmu.edu/> or call 703-993-2787

