

DANCE *for* PD[®]

CLASSES | TRAINING | RESOURCES

A PROGRAM OF THE
MARK MORRIS DANCE GROUP

Engagement and Educational Programs

The Dance for PD program offer a variety of thoughtfully designed activities, presentations, workshops and classes for students, health care and mental health professionals, geriatric specialists, artists, administrators and the general public. Activities and workshops, which can take place on-site or virtually online, work well independently or in combination with each other. We're always happy to customize our activities and presentations to meet the needs and requirements of the partners and communities we serve.

Dance for PD[®] Community Master Class

Mark Morris Dance Group teaching artists have presented our acclaimed community classes in more than 100 communities around the world, sharing the joys and benefits of our approach with thousands of participants. Classes that take place in tandem with MMDG performances incorporate movement phrases from the repertory being performed in each city. Classes are 75 minutes and feature live music. Persons with Parkinson's of all abilities and degrees of mobility are encouraged to come with their



partners, spouses, friends, and care partners. Dance for PD staff can work with you to promote the class, and can handle all aspects of registration on your behalf.

Dance for PD[®] Introductory Teacher Training Workshop (2-3 days)



Dance for PD's acclaimed training program offers something for everyone interested in the intersection of dance and Parkinson's disease. Our workshops are primarily designed for

experienced dancers, dance majors and MFA students, and dance instructors, but we've designed our two-day introductory training workshops to enrich, inform and inspire a diverse group of individuals—including therapists and care partners—who want to learn about the joys and benefits of a customized dance experience. During Dance for PD workshops—offered on-site or via Zoom—our specially-designed training modules, demo classes, and interactive sessions provide a wealth of information to attendees of all kinds. Since 2007, more than 2,000 people from 35 states and 35 countries have participated in Dance for PD introductory workshops, which have been featured in *Dance Teacher Magazine* and *Dance Studio Life*. Workshops can be scheduled as part of an MMDG performance residency, or at any time of year.

Dance for PD® Educational Enrichment Seminar (1/2 day or 1 day)



Our educational enrichment seminars are designed to provide dancers, physical and occupational therapists and students, social workers, geriatric specialists and allied health professionals with a ½ day or full day 'immersion' look inside the Dance for PD program in order to learn about our best practices and methods. During a Dance for PD seminar—offered on-site or via Zoom—our specially-created modules and interactive sessions provide a wealth of information to

attendees, who will also have the opportunity to participate in an actual Dance for Parkinson's class with members of the local Parkinson's community.

Dance for PD® Keynote Presentation (90 minutes)

Our inspiring founding teachers can deliver an on-site or virtual presentation to your group that traces the program's methods and approaches within the broader context of the arts in healthcare and creative aging. The focus and content of the presentation can be specifically tailored to the specific audience. Current presentations include "Why Dance for PD: Building Confidence, Creativity & Community through Movement & Music"; "The Arts as Lifeline: Dance, Parkinson's and aging well"; "Dance as Technology" and "Think Like a Dancer." All presentations include vibrant slides and compelling video examples. To see past presentations at major international conferences, please click [here](#) (Culture, Health and Wellbeing Conference, Bristol, UK, 2013) and [here](#) (International Parkinson's Empowerment Summit, Dublin, Ireland, 2014).

Dance for PD® Panel Discussion (90 minutes)

Dance for PD staff can work with you to create an educational event in which scientists, movement disorders specialists, Dance for PD teaching artists and others share expert perspectives and insights with the community. With a wealth of information and multi-media resources at our disposal, we can organize these on-site or virtual events to supplement a community class or workshop, or to provide an interdisciplinary experience that engages new audiences and expands the scope and context of MMDG's performance activities.

Capturing Grace screening and discussion (90 minutes)

Dave Iverson's award-winning, critically-acclaimed documentary film traces members of the Brooklyn Parkinson Group as they prepare for their first public performance at the Mark Morris Dance Center. The film provides the perfect starting point for a series of wide-ranging discussions about arts and health, creative aging and new perspectives on compassionate geriatric care and programming. Brilliant as a stand-alone presentation with a Q&A, Iverson and Dance for PD program director David Leventhal have also created a Perspectives program that offers a set of ancillary events that build on the film's themes to generate discussion, investigation and engagement. Click [here](#) for more information.



Fee schedule

Dance for PD® Community Master Class (90 minutes) NOW ONLINE!	\$500
Dance for PD® Introductory Teacher Training Workshop (2-3 full days) NOW ONLINE!	\$4,000-5,000
Dance for PD® Educational Enrichment Seminar (1/2 day or 1 day) NOW ONLINE!	\$2,500-\$3,000
Dance for PD® Keynote Presentation NOW ONLINE!	\$1,000
Dance for PD® Panel Discussion	\$200
<i>Capturing Grace</i> screening and discussion (90 minutes)	\$500
<i>Capturing Grace</i> Perspectives events (60 minutes to full day)	Upon request

*Airfare and accommodation expenses may not be included in this schedule and may be added accordingly depending on event location.



Events and Presentations Feedback

After watching the documentary film, *Capturing Grace*, I literally glided out of Cubberly auditorium at Stanford. How could anyone not?!?! Talk about an uplifting, humanitarian portrayal of Parkinson's. That evening had all of the elements. The caring and bonding that developed in the determined PD community as a result of David's expertise and dedication was truly phenomenal! From Diane Frank's introduction to the panel discussion comprised of individuals from different departments on campus to the Q&A session, the evening was not only extremely informative, but overwhelming in nature. It was therapy through movement for the entire audience!!!

—Anonymous participant, *Capturing Grace Perspectives* event, Stanford University (2015)

Thank you for a fantastic program. It was one of the best presentations we've had, and one of the better attended. You have a clinician's grasp of the issues, and an artist's view of the world—it's a potent combination.

—Scott Alderman, Founding Director, Center for Narrative Practice; former Administrative Director, Program in Narrative Medicine Columbia University College of Physicians and Surgeons after Keynote by David Leventhal

What a joy, in general, to help any group of people rediscover that love of dance, of movement of the body to rhythm. I don't want my universalizing to overshadow the specificity of what amazing work David Leventhal and the other teachers are doing with Parkinson's in particular, but it struck me that their approach is something that poignantly can apply to many people who have for some reason or another-- disease, age, life circumstance, fear-- lost dance in their lives.

—Joanna Dee Das, PhD, Mellon Postdoctoral Fellow in Dance Studies in/and the Humanities
Stanford University

A wonderful experience. In my 27 years of dealing with Parkinson's I can't remember any experience as emotionally and physically therapeutic that was so much fun. As a former competitive athlete, I am very self conscious about my ever increasing lack of coordination and balance. David created a safe environment that took all my focus away from my own inhibition and onto the activity at hand. The class was such a blast, I came home and immediately ordered the DVD. It isn't as much fun as the class but definitely the next best thing.

—Barb Zimmer, Person with Parkinson's in response to Dance for PD Master Class

This session was so well planned out, so well directed, and so well received. The presenters were fully prepared and engaging. It was inspiring to see the work they are doing with Parkinson's patients and how thoughtful and possible the material was.

—Anonymous conference delegate, National Dance Education Organization annual conference, Chicago, IL (2014) in response to Dance for PD presentation and demo class

So many excellent and positive things transpired during the MMDG time here --- the performance itself was fantastic of course, and your presentation at Health and Human Services and the PD class coordinated by you and Sam were both highlights of the week as well, extraordinarily effective and well done.

—Norman Bemelmans, Director of Cultural Arts, University of North Carolina Wilmington

I attended your session at the Phoebe Arts and Aging Conference a few weeks ago, and I just wanted to tell you that I have been using the techniques you demonstrated with my senior patients here at Caron and they love it! I want to thank you for all the insight you provided and what wonderful of a turn it has! I can witness first hand now how important movement and creativity is for the older population. What your organization does is so life changing and memorable.

—Cady Monasmith, Recreation Counselor, Caron Treatment Centers

Workshop Feedback

The Mark Morris Dance Group's weekend teacher training in Dance for Parkinson's was absolutely spectacular. It was beautifully orchestrated, very well organized, and provided opportunities for the creativity of the student teachers to flourish.

—Megha-Nancy Bутtenheim, M.A. Senior Faculty: Kripalu Center for Yoga and Health Director:
Let Your Yoga Dance for Parkinsons/Kripalu Yoga and YogaDance Teacher Training

It was a pleasure taking part in last weekend's workshop. I learned more during those two days than in a semester of classes.

—C.M.G., Lisbon, Portugal

This workshop was all the things one could ask for... Well organized, thoughtful in its content, well balanced in presentation, practice and break and network time. I left feeling informed, educated and inspired.

—J.B., Philadelphia

I learned more than I could have ever imagined and I love to dance more than I ever imagined. I have already utilized some of your ideas into my treatment approaches with my patients and they have worked GREAT!

—L.D., DPT, Philadelphia workshop participant

The workshop was such an amazing experience, and I was thoroughly impressed by how collaborative and interactive it was despite the online format!

—2020 online workshop trainee

You have put together a very well-coordinated engaging and informative online program that flows seamlessly! Not an easy task!

—2020 online workshop trainee

It has been a full week and I finally have time to thank you so very much for an amazing weekend! I loved every minute of it! You and your team put a fabulous and memorable workshop together. I felt so much joy, emotion and appreciation for all who presented, participated and contributed. My passion for dance was renewed and affirmed. I am full of new insights and inspirations.

—DK, Princeton, NJ

Institutional client list (partial)

University of Florida/Shands Arts in Medicine Program, Gainesville, FL
University of North Carolina Wilmington, NC
Stanford University, Stanford, CA
University of Michigan, Ann Arbor, MI
Georgetown University, Washington, DC
Rutgers, The State University of New Jersey, New Brunswick, NJ
Brown University, Providence, RI
Harvard Medical School, Boston, MA
Penn State Hershey Medical Center, Hershey, PA
Centre Hospitalier Universitaire de Liège, Belgium
Inspirees Institute
Peking Union Medical Center Hospital, Beijing, China
Dancers' Career Development Center, Seoul, South Korea
Balettakademien Stockholm, Stockholm, Sweden
University of Texas at Austin, TX
Gonzaga University, Spokane, WA
Marymount Manhattan College, New York, NY
Phoebe Ministries, Allentown, PA
FiftyForward, Nashville, TN
Seattle Theatre Group, Seattle, WA
Dance Umbrella UK, London
People Dancing: the foundation for community dance, Leicester, UK
Jewish Family & Children's Service, Waltham, MA
Program in Narrative Medicine, Columbia University College of Physicians and Surgeons
New York Presbyterian Hospital/Weill-Cornell Medical Center
Arts & Health Southwest
Davis Phinney Foundation
English National Ballet
Queensland Ballet
World Parkinson Congress
Parkinson's Unity Walk
Roehampton University, London, UK
Cleveland State University, Cleveland, OH
Tivoli Ballet Theatre, Copenhagen, Denmark
Dutch National Opera and Ballet, Amsterdam, Netherlands
Scottish Ballet, Glasgow, UK