David Leventhal
Founding Teacher and Program Director
Dance for PD®, Mark Morris Dance Group
constipation
shaking
tremors
difficulty
nausea
drowsiness
sleepiness
freezing
insomnia
unsteadiness
constipation
skewness
lightheadedness
falling
Dance is for anybody.

–Mark Morris
VOLUME 1
DANCE FOR PD®
AT HOME

Featuring a complete class from the internationally-acclaimed dance program developed by Mark Morris Dance Group/Brooklyn Parkinson Group
A David Beal/Lightmotion Films Production

MARK MORRIS DANCE GROUP

BROOKLYN PARKINSON GROUP
Dancing Singing Moving Friends
38 peer-reviewed articles (8 RCTs) in 24 journals report benefits related to gait, tremor, rigidity, mobility, balance, cognitive function, quality of life, social inclusion, self-esteem and mood.
“Dance for PD’s primary accomplishment may be to demedicalize [the] experience of disease...opening up participants to more expansive strategies...”

“Dance requires mind and imagination, focus and physicality. So does living with Parkinson’s.”

“...people find joy in the movement and a sense of community just as in any dance class.”

“[Dance for PD participants] execute each little gesture with determination and purpose, and their faces shine with a fresh enthusiasm...”

“The classes provide a social setting where everyone is accepted, regardless of their limitations, and studies show participants feel their mood lighten and their anxiety decline.”

“Dancers experience a ‘freedom they couldn’t imagine.’”
The Dance for PD Concept
(what dancers know)

Dancers are trained to execute
intentional graceful balanced
rhythmic powerful expressive
complex controlled strategic
improvised meaningful sequenced
interactive movement.
Dance develops strength, flexibility, stamina and balance
Dancers master skills through enjoyable repetition
Dancers sequence, mirror, improvise and remember movement
Dancers use music to initiate, rhythmicize and guide movement.
Dancers express meaning and emotion through movement
Dancers use aesthetic goals and imagery
Dancers connect, interact and dance together
Dance class
2x week for life
Excerpt from Capturing Grace (2014, dir. Dave Iverson)