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Dance for PD®, Mark Morris Dance Group

# DANCE *for* PD®

CLASSES | TRAINING | RESOURCES

A PROGRAM OF THE  
MARK MORRIS DANCE GROUP



constipation  
lightheadedness  
nausea  
shaking  
tremors  
difficulty  
falling  
winess  
hypkinesia  
insomnia  
freezing



**Dance is for  
anybody.**

**–Mark Morris**





# DANCE *FOR* PD<sup>®</sup>

## AFFILIATED CLASS LOCATIONS AROUND THE WORLD



VOLUME 1

# DANCE *for* PD<sup>®</sup> AT HOME



Featuring a complete class from the internationally-acclaimed dance program  
developed by Mark Morris Dance Group/Brooklyn Parkinson Group

A David Bee/Lightmotive Films Production

MARK MORRIS  DANCE GROUP

 **BROOKLYN PARKINSON GROUP**  
*Dancing | Singing | Moving | Friends*



MARK MORRIS  DANCE GROUP

MOVINGthroughGLASS







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.**

# JAMA

The Journal of the  
American Medical  
Association

"Dance for PD's primary accomplishment may be to demedicalize [the] experience of disease...opening up participants to more expansive strategies..."

# PBS NEWS HOUR

"Dance requires mind and imagination, focus and physicality. So does living with Parkinson's."

# The New York Times

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

# CNN

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



# Stanford MEDICINE

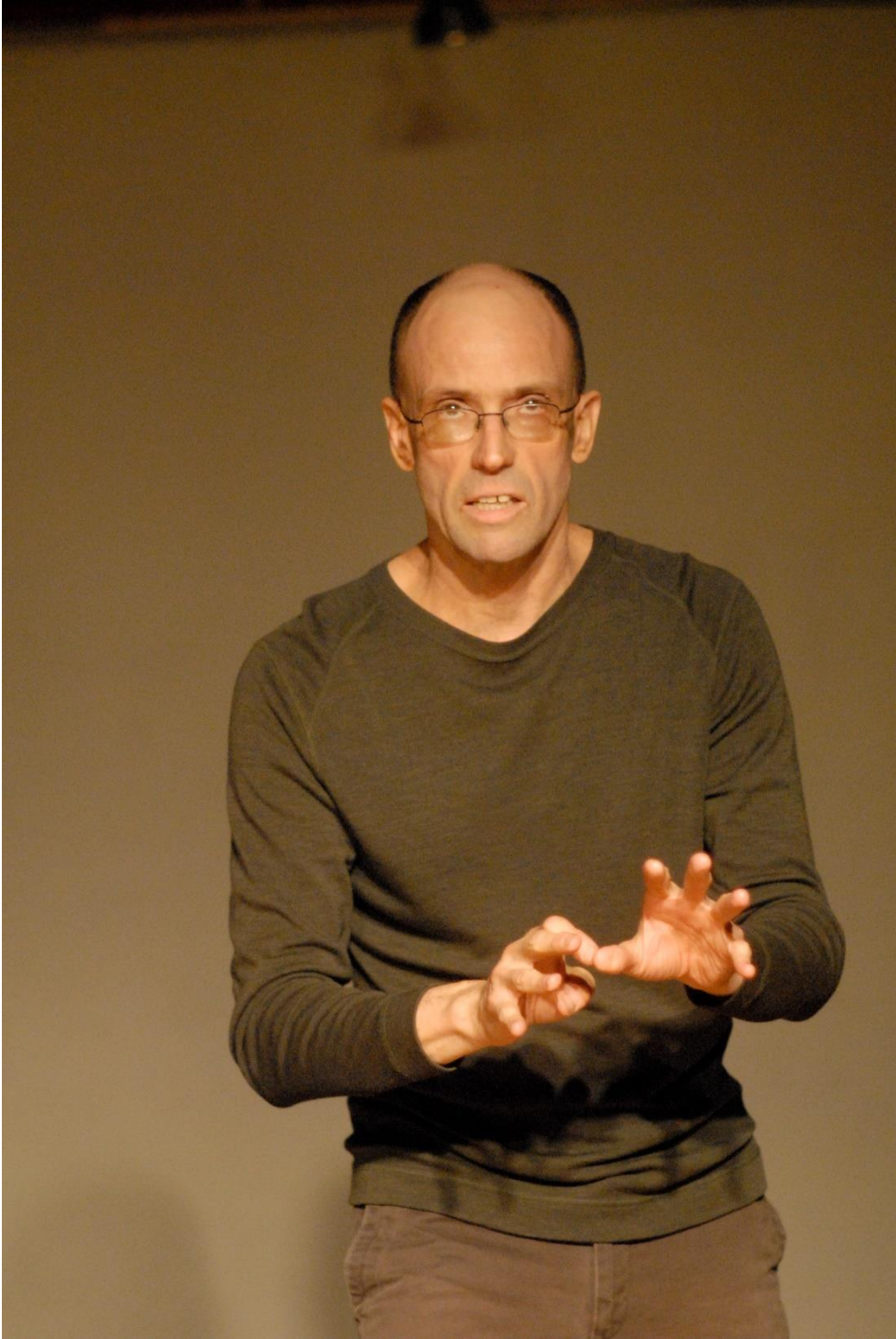
"The classes provide a social setting where everyone is accepted, regardless of their limitations, and studies show participants feel their mood lighten and their anxiety decline."

# NBC NIGHTLY NEWS

"Dancers experience a 'freedom they couldn't imagine.'"

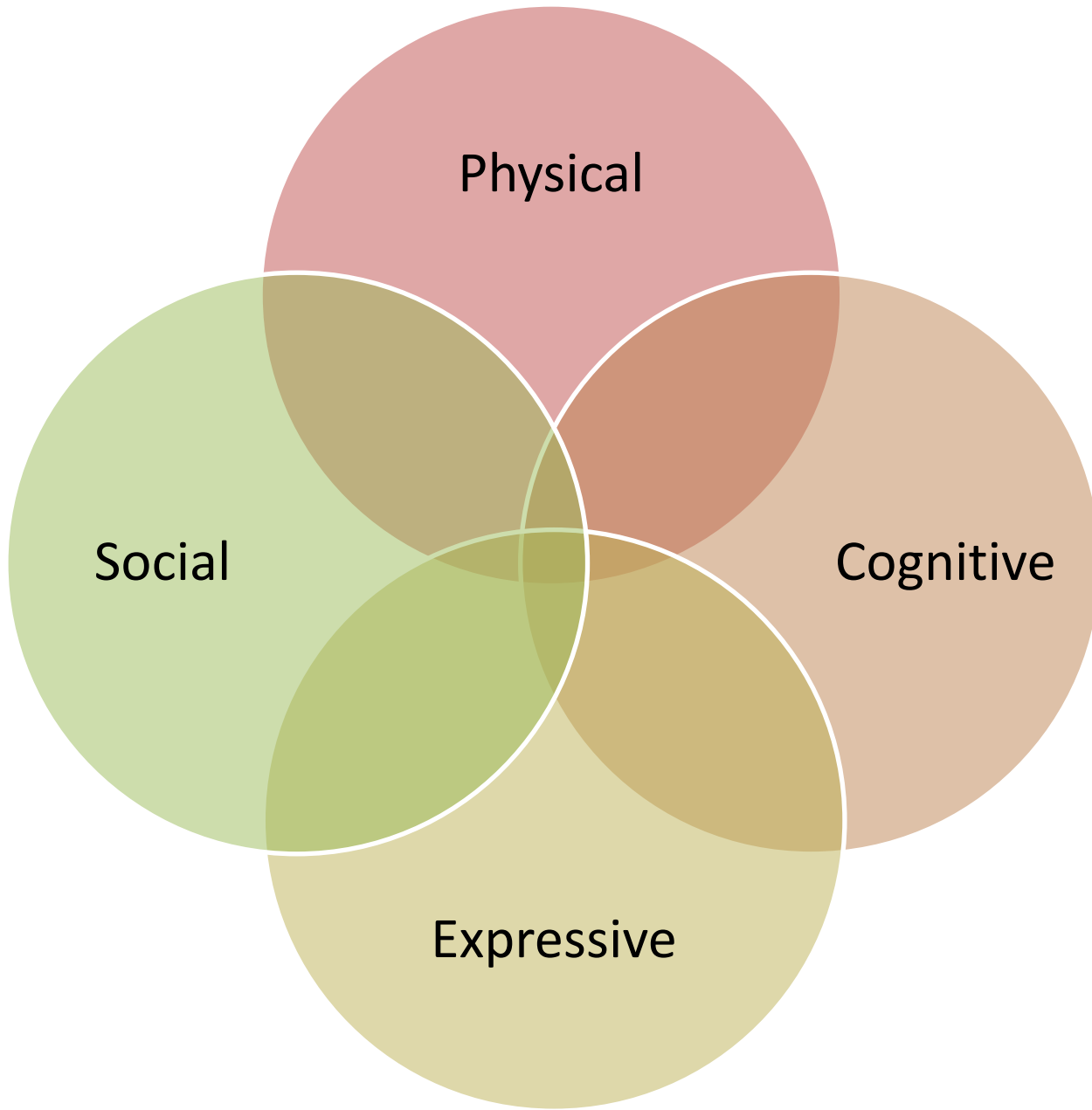












Physical

Social

Cognitive

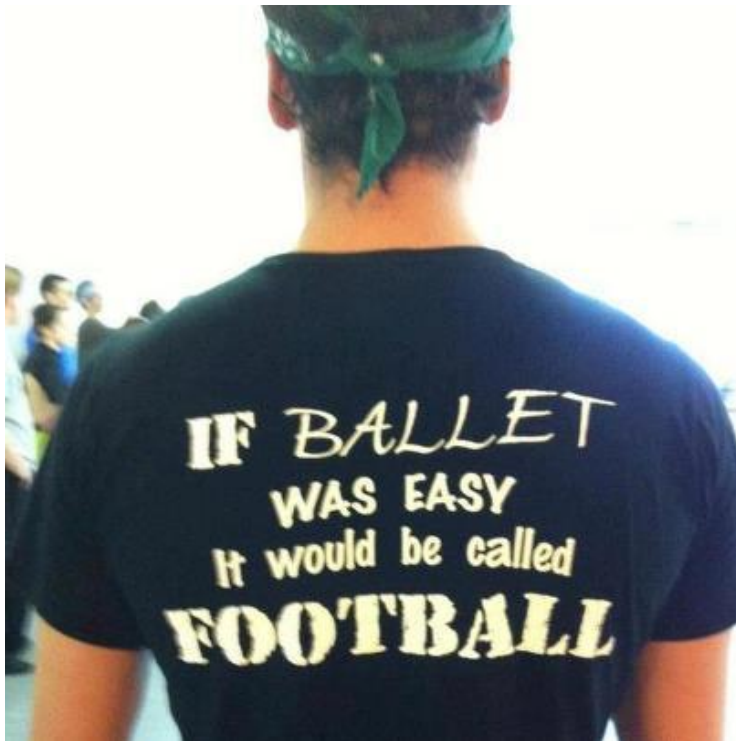
Expressive



# 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





Date \_\_\_\_\_

For \_\_\_\_\_

Address \_\_\_\_\_



*Dance class  
2x week for life*

Dr. \_\_\_\_\_ Dr. \_\_\_\_\_

Substitution Permitted

Dispense as Written

DEA No. \_\_\_\_\_











**Excerpt from Capturing Grace (2014, dir. Dave Iverson)**



[www.danceforpd.org](http://www.danceforpd.org) | [www.mmdg.org](http://www.mmdg.org)