

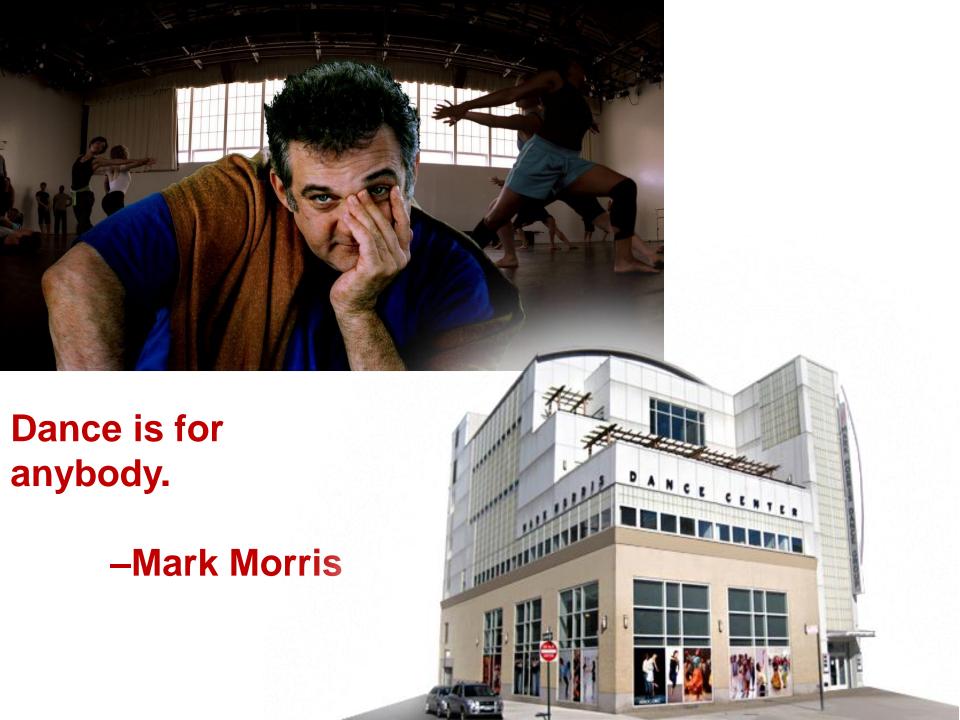
### **David Leventhal**

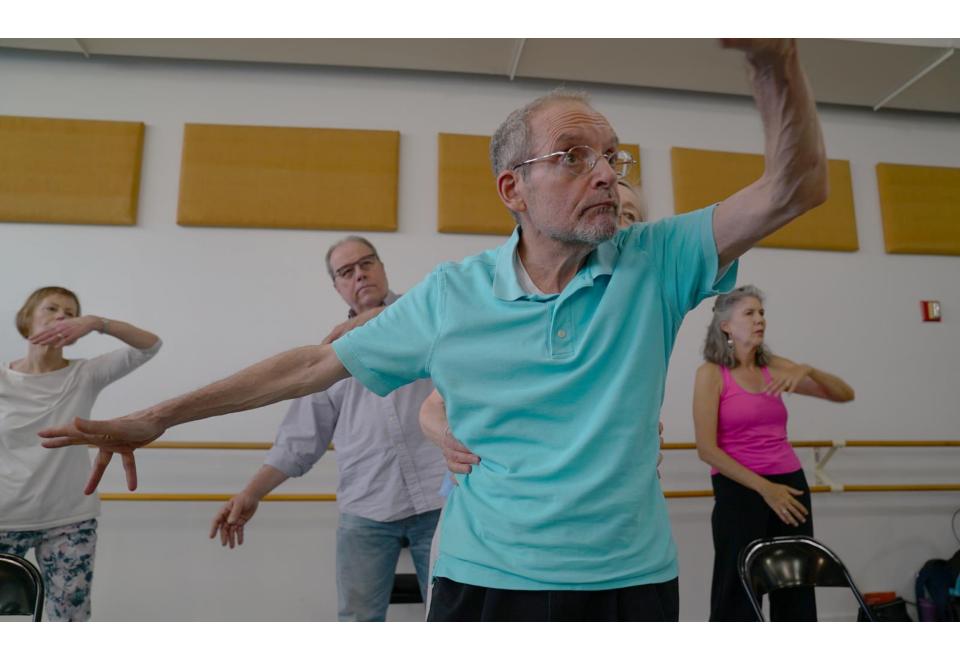
Founding Teacher and Program Director Dance for PD®, Mark Morris Dance Group





constipation







AFFILIATED CLASS LOCATIONS AROUND THE WORLD

#### Canada

Toronto, Ontario Hamilton, Ontario Vancouver, BC Calgary, AB

#### U.S. West Coast

Seattle, WA (3 locations) Spokane, WA Portland, OR Davis, CA San Francisco, CA San Rafael, CA Berkeley, CA Oakland, CA Sunnvvale, CA Pasadena, CA

West Los Angeles, CA

San Diego, CA

Boise, ID

Home, AK

### U.S. Midwest/Southwest

Omaha, NE Albuquerque, NM Austin, TX Dallas, TX (2 locations) Houston, TX Chicago, IL (3 locations) Champaign, IL Cincinnati. OH Cleveland, OH Minneapolis, MN Ann Arbor, MI

Duluth, MN

Phoenix, AZ

Tucson, AZ

#### **U.S. East Coast** and South

Belfast, ME Camden, ME Keene, NH Waltham, MA Barnstable, MA Orleans, MA

Providence, RI Newport, RI New London, CT

Middletown, CT New York City, NY (10 locations) Philadelphia, PA (2 locations)

West Chester, PA Lancaster, PA Hershev, PA

Pittsburgh, PA Silver Spring, MD Arlington & Alexandria, VA

Richmond, VA Blacksburg, VA Jackson, MS Shreveport, LA

Spartanburg, SC Naples and Bonita Springs, FL Daytona, FL

Gainesville, FL

Shanghai, China Beijing, China Tokyo, Japan Kuala Lumpur, Malaysia Seoul, Korea (2017)

#### Middle East and India

Jerusalem, Israel Pune, India Delhi, India Mumbai, India

#### Europe

Heerlen, Netherlands Liège, Belgium Brussels, Belgium Hamburg, Germany Munich, Germany Bremen, Germany Rome, Italy Malmo, Sweden Stockholm, Sweden Copenhagen, Denmark Moscow, Russia

#### **England and Scotland**

London Oxford Weymouth, Dorset Liverpool Kendal, Cumbria Bournemouth Edinburgh, Scotland

Glasgow, Scotland

#### Australia

Brisbane Canberra Sydney Melbourne Perth Adelaide

#### Africa

Cape Town, South Africa Harare, Zimbabwe

DANCE TO PD®



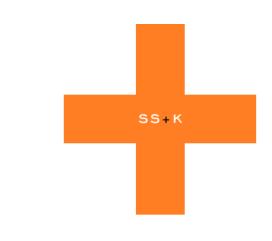
Featuring a complete class from the internationally-acclaimed dance program developed by Mark Morris Dance Group/Brooklyn Parkinson Group

A David Bee/Lightmotive Films Production

MARK MORRIS









MOVINGthrough GLASS





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 Hork Times

"...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..."



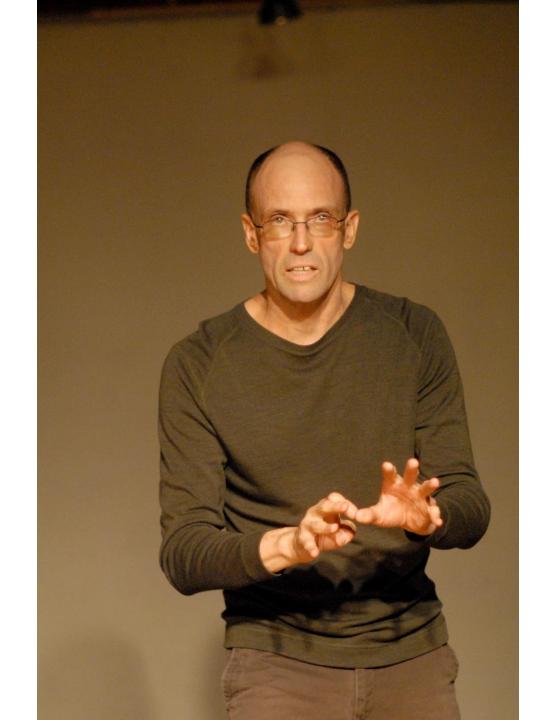
"The classes provide a social setting where everyone is accepted, regardless of their limitations, and studies show participants feel their mood lighten and their anxiety decline."



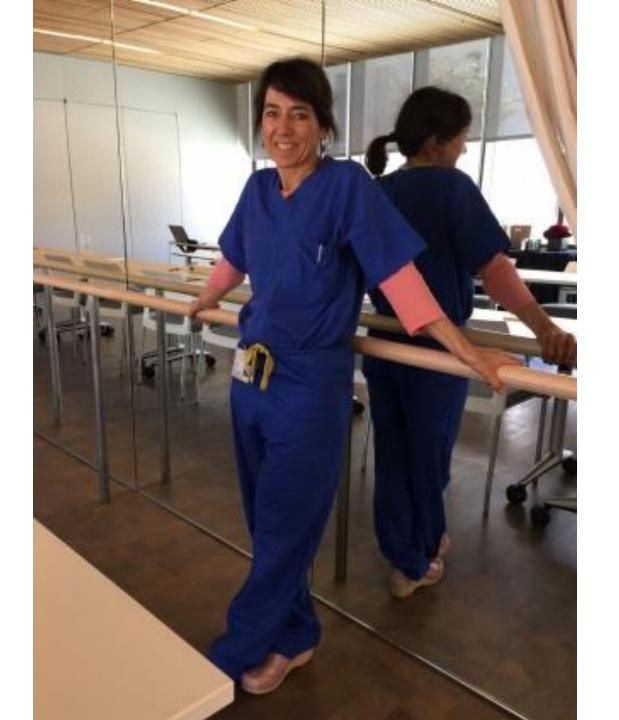
"Dancers experience a 'freedom they couldn't imagine."

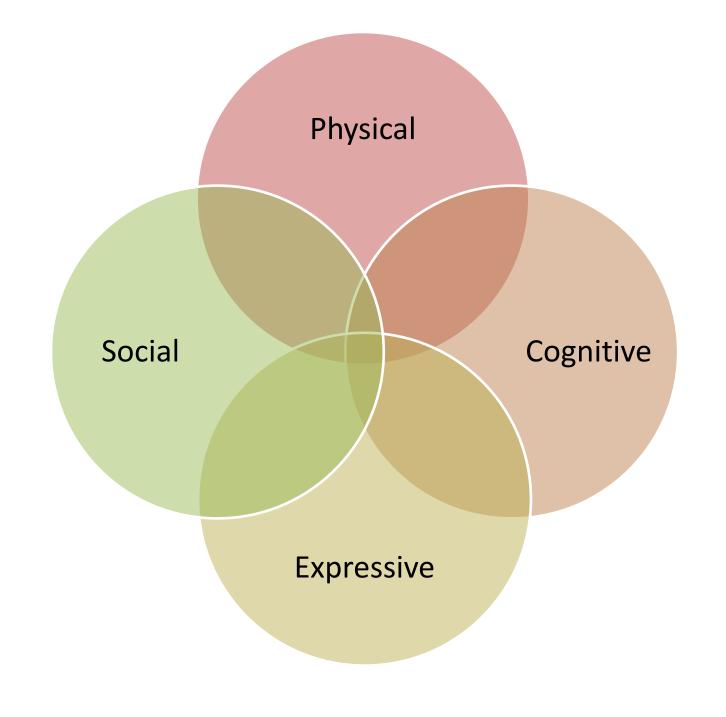








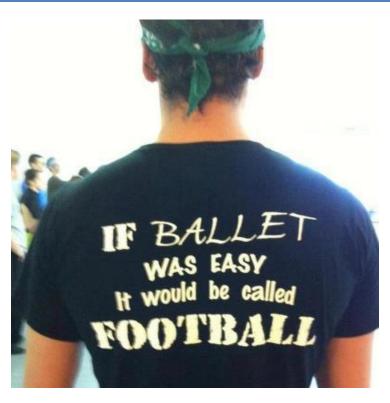




# The Dance for PD Concept (what dancers know)

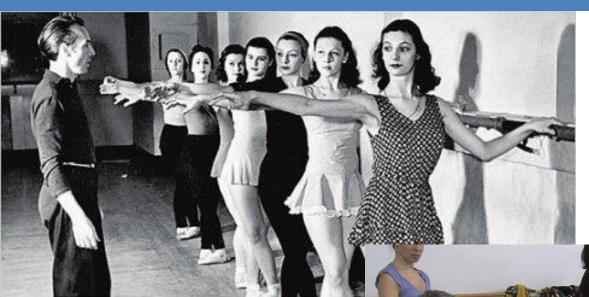
Dancers are trained to execute intentional graceful balanced rhythmic powerful expressive complex controlled strategic improvised meaningful sequenced interactive movement.

### 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



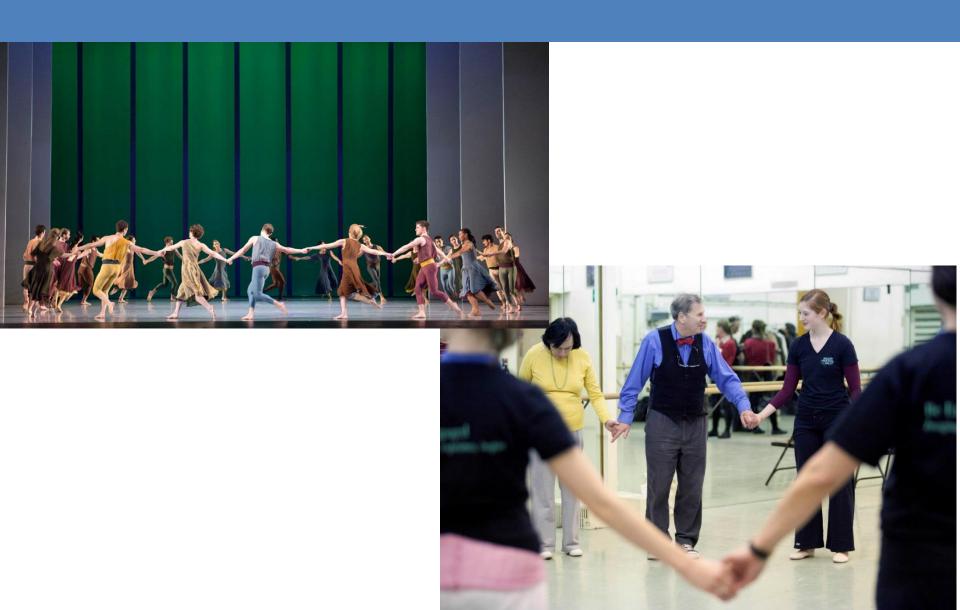
### Dancers express meaning and emotion through movement



### Dancers use aesthetic goals and imagery



### Dancers connect, interact and dance together



Date ———		CHA CH	
	94	sw//lo merenge	
as Written	ВАСНА		DANCE
	190	A RUEDA	CALIENTE
	1	RUEDA	

For-

Address

Dance class

2x week for life

Substitution Permitted

Dispense as

DEA No. -

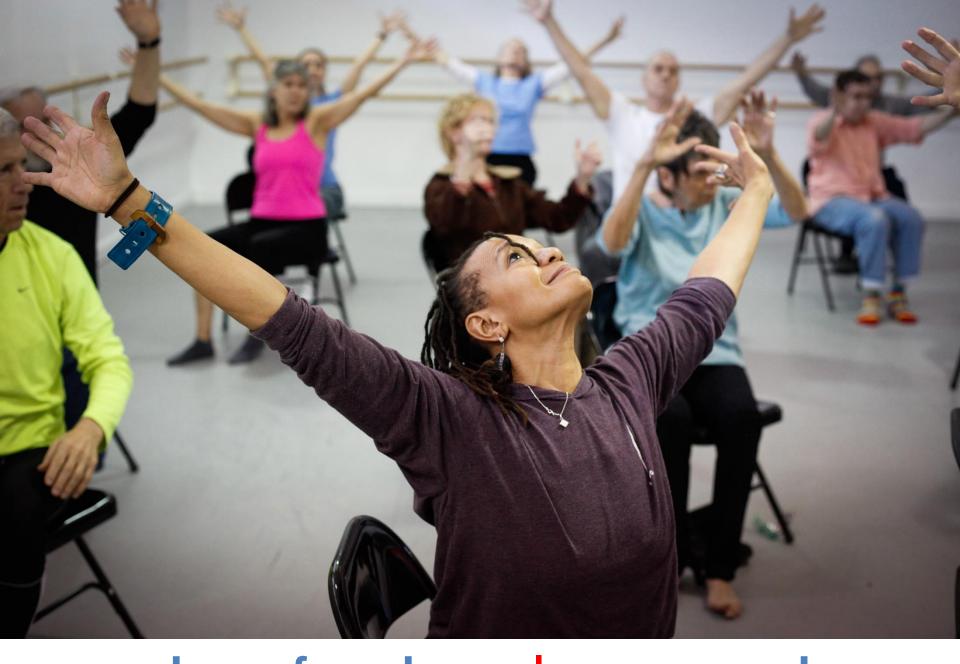








**Excerpt from Capturing Grace (2014, dir. Dave Iverson)** 



www.danceforpd.org www.mmdg.org