September 11 - December 18, 2019

Dance Therapy for Movement Disorders

Company: 92nd Street Y Harkness Dance Center
Venue: 92nd Street Y
Location: New York, NY

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Dance Therapy Program

Wellness in Motion: Dance Therapy for Movement Disorders

Increase mobility and flexibility through simple creative movement, nonstrenuous dance exercise and relaxation techniques.

Class is tailored to the needs of the participants: students with Parkinson's, multiple sclerosis, stroke and other movement disorders. Movement experiences are provided on chairs as well as ambulatory explorations. We do not have a set pattern of exercises; rather, we develop each class through improvisation and shared leadership, with a wide variety of music to provide rhythmic support and energy. All ages and stages welcome. Please call Chelsea Spraker at 212.415.5554 to inquire about cost if you would like to join the class mid-semester.

Class meets on Wednesdays, 2pm - 3pm in Buttenwieser Lounge at the 92Y Harkness Dance Center.

92nd Street Y Harkness Dance Center
1395 Lexington Avenue
New York, NY, 10128
2124155555
https://www.92y.org/class/dance-therapy-movement-disorders.aspx

Schedule
September 11, 2019: 2:00pm
September 18, 2019: 2:00pm
September 25, 2019: 2:00pm
October 2, 2019: 2:00pm
October 9, 2019: 2:00pm
more

< back

previous listing • next listing