

Friday, September 5, 2014

Dance for People with Parkinson's at Ballet Academy East

Company: Ballet Academy East
Location: New York, NY

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Rosalie O'Connor

Ballet Academy East is proud to announce the addition of a dance class called Dance for PD® for people with Parkinson's this fall. Dance for PD classes, developed collaboratively by Mark Morris Dance Group and the Brooklyn Parkinson Group, are currently offered at Mark Morris Dance Center, The Juilliard School, and at several locations in The Bronx and Queens. The class at Ballet Academy East represents the program's first East Side location and provides access for an area of Manhattan previously underserved by this kind of resource.

"Ballet Academy East is honored to collaborate with Dance for PD in bringing the joy and physical benefits of dance to people with Parkinson's disease. Our goal is for every participant to leave class feeling uplifted and inspired by their abilities," said Julia Dubno, founder and director of Ballet Academy East.

Dance for PD, which originated at the Mark Morris Dance Center in 2001, offers specialized dance classes accompanied by live music for people with Parkinson's, their caregivers, family members and friends. Professional teaching artists integrate movement from modern, ballet, tap, folk and social dancing, and choreographic repertory to engage participants' minds and bodies and create an enjoyable, social environment for artistic exploration. Because Dance for PD focuses on the aesthetic movement of dance rather than acting as therapy, participants in class they are encouraged to approach movement like dancers rather than as patients. Dance for PD classes provide a social environment for participants to interact with other community members, and to share a positive, stimulating activity together with their partners. Participants report that the classes boost their confidence levels, transform their attitudes about living with a chronic illness, and help them manage some of the symptoms associated with Parkinson's disease. Consistent interaction within the close-knit community of the dance class helps to combat social isolation and depression while empowering participants with a sense of physical possibility and artistic achievement.

In Dance for PD classes, participants explore movement and music in ways that are enjoyable, stimulating and creative. The program is built on one fundamental premise: professionally trained dancers are movement experts whose knowledge is useful to persons with PD. This acclaimed program is appropriate for anyone with PD, no matter how advanced. No dance experience is required. Participants will explore elements of modern dance, ballet, tap, folk and social dancing, and Mark Morris company repertory in a non-pressured, social environment in which live music energizes, enriches and empowers. Classes modeled after Dance for PD now occur in more than 100 communities in the US, Australia, Belgium, Canada, Germany, Holland, Italy, India, Israel, Mexico, and the UK. For more information about the program, please visit www.danceforpd.org.

There is no charge for the Dance for PD classes. Advance registration required through the Dance for PD website (www.danceforpd.org) or by calling 718-218-3373

About Ballet Academy East

Ballet Academy East, established in 1979 by director, Julia Dubno is made up of four divisions. The Pre-Professional Division for ages 7-19, led by artistic director, Darla Hoover, trains dancers for professional careers in ballet. An audition is required for admission to the Pre-Professional Division. The Enrichment Program is open to students ages 7 and older who wish to study ballet recreationally. The well-known Young Dancers Division offers creative movement, pre-ballet, tap, and modern to ages 18 months to 6 years. BAE's Open Class Program offers adults of all levels classes in ballet, tap, Pilates, Zumba, and yoga. The Dance for PD class will be part of the Open Class Program.

For more information, visit www.baenyc.com.

Ballet Academy East
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Schedule
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