



new yorkers for dance.

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January 30 - May 15, 2019

Dance Therapy for Movement Disorders

Company: 92Y Harkness Dance Center

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Location: New York, NY

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.

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

Schedule
January 30, 2019: 2:00pm
February 6, 2019: 2:00pm
February 13, 2019: 2:00pm
February 20, 2019: 2:00pm
February 27, 2019: 2:00pm
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Contact

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