

Dance for Parkinson's, May 2020

As promised, here are some links to online dance/movement classes that might be useful for the newsletter. The last 2 links aren't specific to people living with Parkinson's, they are aimed at the older generations and people with less mobility.

Pavilion Dance South West recognised Parkinson's Awareness Day, and with the release of their first online Dorset Parkinson's Dance classes! This class is lead by Aimee Hobbs, one of the original teachers of our Tuesday class and one of the co-founders of the Parkinson's Dance Science model that we use. It's a short class, coming in at just under 40 minutes - we hope that you enjoy this class!

<https://www.pdsw.org.uk/online-content/online-class-parkinsons-dance/>

Dance for PD (One of the most renowned international organisations delivering Dance for Parkinson's, based in Brooklyn NY).

<https://danceforparkinsons.org/resources/dance-at-home>

Scottish Ballet

<https://www.scottishballet.co.uk/articles/digital-sb-health-classes>

English National Ballet

<https://www.ballet.org.uk/onscreen/ballet-class-limited-mobility/>

Sadler's Wells - Follow any workshops for their 'Company of Elders' - note that these workshops are **not** aimed at people living with Parkinson's, so please make sure you do only what you feel physically safe to do.

Sadler's Wells are also releasing full length versions of professional performances, for us all to enjoy from the comfort of our own homes!

<https://www.youtube.com/user/sadlerswells/videos>

Joe Wicks Home Workouts for Seniors

For those of you with little/young ones in your families, you may have heard of Joe Wicks who is delivery 'PE' classes of the nation via his YouTube Channel. Well Brian & Gill let me know that he's also uploading videos aimed at seniors - there are 4 at the moment, found at the link below:

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvH1ZqD6Vp6vD2C2No1cloe>

Dance for Parkinson's

Caroline & I have created a new class for you, from the content on the YouTube channel - this week's top picks can be found by following this link:

<https://www.youtube.com/playlist?list=PLwJQNhoixSYNu61r5PPXR0qgFyzkg9lmm>

You'll see that we have put together a posture & fun seated warm up by Julie, a feet & legs routine and lastly a cool down - both by Aimee. We hope you enjoy this combination (you'll need a floaty scarf or tea towel for the cool down!) The music for Julie's fun seated warm up is a little quiet - if you want to play it through your own system, the track is 'One Singular Sensation'.

We hope you enjoy our top picks for this week! Don't forget that you can pause the video at any time if you need a break or to get a drink of water, you can always rewind the video too if you want to recap any moves - do what you need to get the most out of the classes.

All the best,

Sammy

Samantha Gillingham

[samanthagillingham@msn.com](mailto:samanthagillingham@msn.com).