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The School of Dance
200 Crichton Street
Ottawa, ON K1M 1W2

613-238-7838

aide@theschoolofdance.ca

www.theschoolofdance.ca

Artistic Director
Merrilee Hodgins A.R.A.D.

Charitable Registration
#119253391RR0001

The School of Dance

The School of Dance presents
Connecting with Dance

Designed for people with Parkinson's



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**Exploring Dance through Creative Movement
with teacher Maria Shepertycki
and musician Nenad Duplancic**

10 week session at The School of Dance
200 Crichton Street

Stairs at the front of the building
Wednesdays, March 22-May 24, 2017

11:15-12:15 pm

Free of Charge

10 week session at Festival House

450 Churchill N

Accessible space

Tuesdays, March 21-May 23, 2017

1:00-2:00 pm

Free of Charge

If you would like more information
please call us at 613-238-7838
and we will help you to register!

Care partners are encouraged to participate.

2017

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About Connecting with Dance

Designed for people with Parkinson's, Connecting with Dance begins with seated exercises and progresses to both standing supported and free standing travelling movements. Exercises throughout the hour long class will be adapted to suit each individual's abilities. Inspiring music by Nenad Duplancic will enhance the focus on concepts including: posture and breathing, core flexibility and support, coordination, static and dynamic balance, group/partnering work and walking variations designed to improve rhythm, gait, strength and confidence.

About Maria Shepertycki

Maria Shepertycki began her dance training in Ottawa at a young age, successfully completing her Elementary Level RAD ballet exam. From 1979 until 1993 she performed internationally as a soloist with both the Dnipro Ukrainian Dance Ensemble and the Svitanok Ukrainian Dance Ensemble, and for the past 35 years has taught ballet, jazz, folk, character, Ukrainian dance and fitness classes to children and adults in the Ottawa area. Maria combined her studies in the School of Human Kinetics and the Department of Social Sciences, graduating from the University of Ottawa with a B. Soc. Sc., Hons. Sociology. Since 2007 Maria has worked as a Rehabilitation Assistant for a select number of



Physiotherapy practices in the Ottawa area and, under the direction of a supervising Physiotherapist, has provided comprehensive client-centered community and clinic-based care with a focus on neurological, cardiorespiratory, orthopedic and chronic pain rehabilitation. Maria is a certified Nordic Walking instructor. For the last three years Maria has received training and provided treatment activities specifically for people with Parkinson's Disease under the direction of LSVT Big! and PWR! Clinicians. She has recently returned from New York where she was enrolled in a comprehensive dance teacher training workshop offered by Dance for PD® a non-profit collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group. Maria is thrilled to combine both her skilled therapeutic and anatomical movement knowledge with her love of dance in The School's new programme for people with Parkinson's.

About The School of Dance

Located at 200 Crichton Street in Ottawa, The School of Dance has an international reputation as a centre for excellence in arts education. Each year The School touches the lives of over 70,000 Ontarians with special outreach programmes including DragonFly, for learners with Down Syndrome, Boys Only! classes, Dancing in the Street, DanceONTour school visits and Dance is BEST, in collaboration with Bruyère Continuing Care.

