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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



Ottawa

The School of Dance presents
Connecting with Dance

Designed for people with Parkinson's



AG

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

10 week session at The School of Dance
200 Crichton Street, Studio 3
Stairs at the front of the building
Tuesdays, March 20-May 22, 2018
1:00-2:00 pm

10 week session at Dovercourt Recreation Centre
411 Dovercourt Avenue, Carling Motors Room
Accessible space
Wednesdays, March 21-May 23, 2018
1:00-2:00 pm

NEW! Location:

10 week session at Residence Saint-Louis
879 Hiawatha Park Road, Orleans
Accessible space, classes will be held in the Auditorium
Fridays, April 6-June 15, 2018 (NO CLASS: May 11)
1:00-2:00pm

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.

All sessions are free of charge

Connecting with Dance is a registered programme of Dance is BEST®

2018

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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. Creative 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, body awareness and extensions, patterning and coordination, sustained and dynamic balance, partnering/group work and walking variations designed to improve spatial awareness, rhythm, gait 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 1994 she performed internationally as a soloist with both the Dnipro Ukrainian Dance Ensemble and the Svitanok Ukrainian Dance Ensemble, and since that time has taught ballet, jazz, folk, character, Ukrainian dance and fitness classes to children and adults in the Ottawa area. Maria is currently volunteering her efforts as Co-Director of the Ottawa School of

Ukrainian Dance and continues to choreograph, teach and present a variety of works with OSUD's students. Maria combined her academic studies in the School of Human Kinetics and the Dept. 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-base care with a focus on neurological, cardiorespiratory, orthopedic and chronic pain rehabilitation. Maria is a certified Nordic Walking instructor. Since 2012, Maria has received training and provided treatment activities specifically for people with Parkinson's under the direction of LSVT Big! and PWR! Clinicians. Since 2015, Maria has completed both introductory and advanced dance teacher training workshops in New York and Toronto offered by Dance for PD® an internationally recognized collaboration between the Mark Morris Dance Group and the Brooklyn Parkinson Group. Maria is thrilled to combine her skilled rehabilitative movement knowledge with her choreographic and teaching experience to share her love of dance in The School of Dance 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.