



| info@danceforparkinsonssa.co.za | 082 978 2399 | 083 795 5610 | www.danceforparkinsonssa.co.za |

Thank you for your interest in our upcoming *Dance for PD[®] Preliminary & Introductory Training Workshop*. This letter contains details which you will find valuable for your planning and preparation.

Training dates

Saturday 16th – Monday 18th March 2019

Venue

Somerset West
(to be confirmed)

Workshop cost

R 7 900 (incl)

Payment Plan (if required)	
Payment 1 (to confirm) by 28 th February 2019	R 3 500
Payment 2 (31 st March 2019)	R 2 200
Payment 3 (30 th April 2019)	R 2 200

Course cost includes:

3 day training course
Workbooks
Dance for PD[®] Resources
(3 music CDs, 3 class DVDs)
1 year's *Dance for PD[®]* membership
Mid-morning & -afternoon teas with snacks

Course cost does NOT include:

Travel & accommodation
Meals
Online assessment to be taken independently in your own time once training has been completed (USD25/GBP15)

APPLICATION

Please submit your application online via the *Dance for PD[®]* website by completing the placement survey. Find it at <http://danceforparkinsons.org/training-workshops/training-courses/training-survey>.

We will be notified of the results of your application and will make contact with you to arrange registration. A 50% deposit will be required to secure your place on the workshop.

COURSE ATTIRE:

The workshop will include both movement and seated discussion sessions. Full dance attire is not required, but please wear something comfortable in which you are able to move freely.

The course covers the following modules:

- Module 1 : 10 Core principles & the artistic imperative
- Module 2 : Medical background: What to expect in your students
- Module 3 : Safe practice
- Module 4 : Teaching technique
- Module 5 : Class design & structure
- Module 6 : Exercise design
- Module 7 : Adaptations: Translation for maximum inclusion & accessibility
- Module 8 : 12 Keys to success

PROVISIONAL SCHEDULE

Saturday 16 th March 2019		Sunday 17 th & Monday 18 th March 2019	
08h00 – 08h30	Registration & Orientation	09h00 – 11h30	Session 1
08h30 – 10h00	Session 1	11h30 – 12h00	Tea break
10h00 – 10h15	Tea break	12h00 – 13h00	Session 2
10h15 – 12h00	Session 2	13h00 – 13h45	Lunch break
12h00 – 13h00	Lunch break	13h45 – 15h45	Session 3
13h00 – 15h00	Session 3	15h45 – 16h00	Tea break
15h00 – 15h15	Tea break	16h00 – 17h00	Session 4
15h15 – 17h30	Session 4		

We hope to welcome you on board. We are passionate about this programme and what it means for people living with Parkinson’s and we’re eager for it to become easily accessible countrywide. We need YOU to help us to achieve that goal!

Should you have any further queries, please feel free to contact us on:

082 978 2399 / 083 795 5610 or via email at info@danceforparkinsonssa.co.za .

Choosing to MOVE,

Julie and Carmen