



# CONNECT

Dancing with neurological challenges

Network meeting and workshops with  
David Leventhal and Clare Guss-West  
Sat 12 – Sun 13 Oct 2024

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## DANCING WITH NEUROLOGICAL CHALLENGES

### Network meeting and workshops with David Leventhal and Clare Guss-West

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The weekend offers a packed programme: David Leventhal, co-founder of Dance for PD® and internationally recognised expert in dance for individuals managing Parkinson's, will give an intensive one-day workshop on inclusive dance practices. Additionally a workshop on the power of language and "Conscious Cueing" for teachers wanting to work with those managing neurological challenges. During the network meeting, we would like to discuss the urgent need for more dance programmes for those managing neurological conditions in Switzerland.

### Network meeting

#### More dance programmes for those managing neurological conditions in Switzerland

Sat 12 Oct 2024, 11am–2pm

In February 2024, Ballett Zürich, Tonhalle-Gesellschaft Zürich, The Field and The Dance & Creative Wellness Foundation jointly launched [Connect](#), a dance project for individuals managing neurological challenges, such as multiple sclerosis (MS) or Parkinson's disease - a first for Zurich and for Switzerland. The response to the dance offer of Connect is enormous. More such dance programmes are urgently needed in Switzerland. That is why, together with Tanzvermittlung CH, we are organizing a network meeting for interested dance professionals and institutions. We will talk about planning, organization and dance content of new programmes and discuss the next steps.

### Workshop David Leventhal & Clare Guss-West

#### Conscious Cueing - Developing Mindful and Effective Instructional Language for Dance Practice

Sat 12 Oct 2024, 3–6pm

David Leventhal and Clare Guss-West will share their approach to Conscious Cueing for teaching those managing neurological and movement challenges, based on research-inspired practice. With a focus on creativity, artistry and musicality, discover the fundamentals of crafting effective cues.

### Workshop David Leventhal

#### The Artistic Imperative: Fostering Creative and Engaging Dance Experiences for People with Parkinson's and Neurological Movement Disorders

Sun 13 Oct 2024, 10am–5pm

David Leventhal will teach a comprehensive one-day workshop on inclusive dance practices tailored for individuals with Parkinson's and other movement challenges. Drawing from his extensive 24-year experience as a Dance for Health pioneer, David will share practical frameworks and cover the fundamentals of a bio-psycho-social model for designing dance activities and discuss the value of an interactive, culturally responsive teaching approach.

#### Presenters:

**David Leventhal** (USA) was a dancer with the Mark Morris Dance Group (NYC) for many years. He co-founded the Mark Morris Dance Group's Dance for PD® (Parkinson's disease) programme in 2001 and has been developing it ever since as a charismatic educator and programme director. Dance for PD® is now a model of dance courses for people living with Parkinson's in 25 countries. David Leventhal runs courses all over the world and has now trained more than 2000 dance professionals in the Dance for PD® method.

**Clare Guss-West** (UK/CH), former professional dancer, choreographer, health practitioner and author. She specialises in the integration of holistic health principles and dance. Her innovative work translates scientific research on attentional focus for direct application in professional, educational, and inclusive dance practice. Clare Guss-West is Director of [Dance & Creative Wellness Foundation](#) and part of the Connect project group.

**Bettina Holzhausen** (CH), choreographer and dance educator, is responsible for the education programme at Ballett Zürich since 2012. Among other things, she is a founding member of [Tanzvermittlung CH](#), a national network committed to the professionalisation and expansion of dance practices in education and communities in Switzerland.

#### Dates

Sat 12 Oct 2024, 11am–6pm / Sun 13 Oct 2024, 10am–5pm

#### Venue

Opernhaus Zürich, Ballet studio A

#### Workshop language

English

#### Price

CHF 150 (Participation in the network meeting only is free of charge.)

#### Registration and further information

[connect@tonhalle.ch](mailto:connect@tonhalle.ch)

<https://www.opernhaus.ch/en/2324/connect/>

#### Participants

The advanced training is aimed at dance professionals, teaching artists and dance educators who are interested in delivering dance for people managing neurological challenges. Priority will be given to participants who can be present on both workshop days.

The number of participants is limited.

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