

**A special offer for our Ohio Parkinson Foundation
Northeast Region friends!**



Dance for PD® is pleased to present an

Online Tap Workshop

with Dance for PD Founding Teacher Misty Owens

*A 6-class series for people living with Parkinson's and
their care partners, designed to improve rhythm and
musicality while exploring and developing basic tap
technique*

Tune in live or on-demand!



Join us live on Tuesdays:

February 2, 9, 16, 23

March 2, 9

11 AM-12:15 PM (EST)

Or tune in on-demand through March 16!

\$30*

Thanks to generous support from the Ohio Parkinson Foundation Northeast Region (OPFNE), a limited number of participants can register for just \$30. Apply promo code **OPFNE at check-out to take advantage of the discount offer!*

► These virtual, interactive classes are offered live through Zoom. **Click here** to learn about Zoom and download the application on your laptop, computer, or smart device.

► Recordings of each class will be made available to registered participants unable to attend live and those who wish to revisit activities on their own between live sessions.

► Accompanying care partners may attend free of charge when joining from the same location.

► Access information for all classes in the workshop will be sent via email confirmation at the time of registration.

► Once all \$30 slots are filled, additional participants are welcome to register at the regular \$72 non-member rate or \$60 Dance for PD member rate. **Click here**

to become a Dance for PD member. Please allow 48 hours for your membership to be processed. Discount offers cannot be combined.



Apply promo code to **OPFNE** to receive your discount, courtesy of the Ohio Parkinson Foundation Northeast Region.

► Online registration (preferred)

To register for the Online Tap Workshop, **click on the register button above**. You will be redirected to the registration page where you can select **'Sign Up Now!'** Please follow the instructions to **create a new account** and then proceed to secure your place in the class.

If you have any questions or difficulty, please email Coco at coco@danceforpd.org or call (800) 957-1046 (international callers please use +01-646-450-3373).

► Telephone registration

To register by telephone for classes, please call (800) 957-1046 and leave your name, phone number, email address and the name of the class you wish to attend. Program staff will get back to you to collect payment information and confirm your registration.

► About the Workshop

Led by **Misty Owens**, this **6-class Tap Workshop** is appropriate for anyone with mobility concerns interested in improving rhythm and musicality while exploring and developing basic tap technique.



Open to **all levels of experience and mobility**. Seated versions of every dance will be simultaneously demonstrated during live sessions. **Accompanying care partners welcome to join free of charge** when attending from the same location.

Participants should wear **comfortable clothing**. Non-rubber soled shoes are recommended; soft sole, suede and leather options are best. **Tap shoes are optional** and should only be used at home on tap boards. (You can make a DIY tap board from a scrap piece of masonite, linoleum, plywood, or even cardboard. Any non-slip, hard surface that will protect your floor will do--just make sure its edges are weighted or taped to the floor to avoid a tripping hazard.)

► About the Teacher



Misty Owens

Misty Owens returned to Dallas, Texas, after 12 years of teaching, choreographing and performing in New York City. She danced with the Peggy Spina Tap Company in NYC for 20 years performing in such venues as Jacob's Pillow. While in NYC, she taught at Marymount Manhattan College, Long Island University-Brooklyn, and The School at the Mark Morris Dance Center where she was a faculty member teaching multiple dance styles and Artistic Director of Student Companies I & II. A Dance for PD® founding teacher, Misty began teaching the Dance for PD® classes in 2003 in Brooklyn, and wrote extensively about the program for her MFA thesis. She has presented the program at conferences and symposiums in the U.S., Canada and England. Misty often joins her colleagues to train other teachers in the Dance for PD approach across the US. In 2016, Misty was commissioned by the Dallas Museum of Art to create four months of collaborative art and dance classes at the DMA with members of the local Dance for PD classes. As a result of this pilot program, an ongoing program will welcome a monthly series of informative Art Classes and Dance for PD Movement Sessions in the Dallas Museum of Art. Misty's teaching outreach includes a broad age range from young children to centenarians in both public and private settings. She is a dance faculty member at University of Texas-Dallas, she teaches Dance for PD classes through the Dallas Area Parkinsonism Society and she is Co-Director of the London School of Dance with Gwen Owens.

*For more information about Dance for PD® At Home resources, please visit **our website**.*

We look forward to seeing you!



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