



**American Repertory Ballet's
Dance for Parkinson's program
is for people with Parkinson's Disease
and their caregivers.**

*Each class has live music and creates a warm
sanctuary for movement exploration, and a social
atmosphere to support artistic venture.*

**FALL
SESSION!**



- Classes are infused with guided imagery, vocalization, and movement to provide participants with a dynamic experience.
- Participants are encouraged to 'think like dancers' and to be creative and expressive.
- Open to all levels of ability! Although participants may experience therapeutic relief, this class is not considered therapy, but a place where people come together to move, share, and enjoy the elements of dance.

Fall Session: September 13 - December 13, 2018 (No class November 22)

Class Time | Thursdays, 2:30 pm - 3:45 pm

Class Location | Princeton Ballet School | 301 N. Harrison Street, Princeton NJ 08540

Ample free parking, ADA compliant, Elevator access

Cost Options | First Class Free | Register for Fall Session for \$130.00

*Drop-in rate \$15/class

Instructor | Rachel Stanislawczyk began her dance training at Princeton Ballet School in 2003. She recently graduated magna cum laude with a BFA in Dance and Choreography from Virginia Commonwealth University. Rachel Stanislawczyk is a certified instructor of the Elemental Body Alignment System, and a Lead Teacher for the Mark Morris Dance Group's Dance for PD program. She is currently earning her Masters in Dance Education at Rutgers University.



Photo Credit: Kaitlin Marino

For more detailed information

email Rachel | RStanislawczyk@arballet.org or call Lindsay Cahill | 732.249.1254, ext. 19



AMERICAN REPERTORY BALLET
PRINCETON BALLET SCHOOL
arballet.org | 609.921.7758