

CULTIVATING WELLNESS THROUGH DANCE,
with movement specialist Andrew Greenwood.

THE LIVING BODY IS INCOMPREHENSIBLY INTELLIGENT

THE LAST UNEXPLORED WILDERNESS

5-DAY
INTENSIVE
EDUCATION
PROGRAM
at StaatsBallett Berlin
on **23-27 January**
2017

HIS UNIQUE PROGRAM FOCUSES ON MOTIVATING AND INTEGRATING THE PERSON AS A WHOLE.

BASED ON THE BIOPSYCHOSOCIAL MODEL, OFFERING GUIDELINES TO A HOLISTIC VIEW
OF QUALITY OF LIFE AND WELLBEING.

ANDREW GREENWOOD INVITES YOU TO A FIVE-DAY INTENSIVE EDUCATION PROGRAM.

Andrew Greenwood's approach has been effectively applied to the general public and people with physical and/or mental impairment such as Multiple Sclerosis, Parkinson's, Dementia, Rheumatoid Arthritis, etc.

After a long successful career as an international Ballet Dancer & Ballet Master, Andrew Greenwood has over the last few years worked with the mission to improve dancers wellbeing, after having witnessed the hard aspects on physical and psychological levels of this profession. He supports

the idea that dance can be a healing art and that dance is for everyone. In 2012 he co-founded the organization Dance for Health and created education programs for people with physical and cognitive impairments particularly focusing on Multiple Sclerosis and Parkinson's. His main aim is to communicate to a wider society that dance can be a source of Health & Wellbeing. Andrew is the founder of Switch2Move practice, co-director of Dance, Health Alliance (Australia) and co-founder of the foundation Dance & Creative Wellness (Europe).

The 'Dance & Creative Wellness' activity is backed by a growing body of evidence-based research on the health benefits of participation in dance-based movement, over and above the benefits provided by other pure physical based activities. The Foundation aims to increase the circle of influence of 'dance' by facilitating partnership and providing a platform for cross-sector dialogue to further the role of 'dance' in public health and quality of life.

Calls upon creative movement for Intrinsically healing. The movement platform developed by Switch2Move is basically moving meditation. (MOVEFULNESS) Self-regulation of Attention. It adopts an Attitude of Curiosity, Openness and Acceptance. The movement content is designed to create a FUSION Convergence of all bodily elements



MORE INFORMATION: WWW.SWITCH2MOVE.COM

