

ANDREW GREENWOOD MANIFESTATIONS
in the field of Dance, Health & Wellbeing since 2012

Andrew Greenwood is an international ballet master working for about 30 years with top dance companies all over the world. After his friend and colleague was diagnosed with Parkinson's he is dedicated to "health through dance" from developing his S2M methodology, an inclusive dance program for a variety of movement pathologies to political advocacy for innovation in health care.

■ Co-founder of foundation Dance for Health (NL) educating professionals and establishing classes for specific medical con-

ditions throughout Netherlands (2012-2016)

■ Board Director of foundation Dance for Health Alliance, Sidney, Australia (2014 – now)

■ Co-founder and director of Dance & Creative Wellness Foundation acting on a European level (2015-now)

■ Founder and creator of the Switch2Move program (2015)

■ Educator of the S2M method of professionals from all over the world including Italy, Nederland, Germany, Austria, Australia, Russia and others

An opportunity to get to know the Switch2Move method in Vienna will be during the next teacher training module*

A FREE INTRODUCTORY SESSION OPEN TO THE PUBLIC

TUESDAY 13 OF JUNE

18.00 - 20.00

Musisches Zentrum Wien, Zeltgasse 7, 1080 Wien, Ballet Studio 1

You are cordially invited to gain a live experience!
More information? EDUCATION@SWITCH2MOVE.COM


*This event is part of the 5-day professional education hosted in Vienna from 14-18/06

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CREATIVE MOVEMENT TO HELP INDIVIDUALS ACHIEVE
EMOTIONAL, COGNITIVE, PHYSICAL, AND SOCIAL INTEGRATION

www.switch2move.com

SWITCH2MOVE

CREATED BY ANDREW GREENWOOD

Switch2Move (S2M) is a movement method and practice developed with the aim to marry Health, Movement, Art and People

The S2M program can be applied to conditions of cognitive and movement impairments as well as to the general public who is looking for an activity that can bring benefits on various levels: physical, social, cognitive, emotional. Dance is an inclusive, social activity that impacts health on such a global level. It is capable of engaging individuals of all ages in a life-enhancing activity, improving general levels of health, immune functions, brain health, confidence and social integration.

“In a climate where governments, health organizations and health insurances are looking for answers to global epidemics such as sedentary lifestyle, stress related diseases ‘dance’ in all its multi-facets has a significant role to play in the health and wellness.”

FOUNDATIONS

The specific Switch2Move method in the “art of movement” is aiming to enhance health and overall wellbeing for participants through an inclusive movement program. Inclusion groups are people dealing with: ■ Parkinson’s ■ Multiple Sclerosis ■ Arthritis ■ Brain damage ■ Old age ■ Other chronic conditions and in rehabilitation

Much more than a series of complex movement sequences, ‘S2M’ is combining dance, somatic movement and mindfulness in an approach that aims to promote inner engagement into physical activity, re-establish body rhythms and system communications and produce habit-forming mindfulness and lifestyle changes with minimum effort and yet direct palpable effect. Movement is charged with different levels of meaning provoking recognition, imagination, reconnection and joy. Being active, social, creative, interactive and self-reflective are some of the program’s objectives.



PROF. BASTIAAN R. BLOEM, MD, PHD
Medical director, Parkinson Centre Nijmegen,
Department of Neurology Radboud University Medical Centre

I am a strong believer in the benefits of dance for patients with Parkinson’s disease, and Andrew has done an impressive job in making this new therapeutic intervention accessible to Parkinson patients in increasingly many countries.



The S2M dance-based movement program is based on four foundational areas:

- 1 SOMA:** Re-establishment of awareness of natural posture, effective breath, energy, coordination, body rhythms
- 2 MIND:** Stimulation of perception, intention, attention, information processing, memory, action-reaction.
- 3 PERSON:** enhancing creativity, a personal approach, autonomy and assuring a sense of satisfaction and inner engagement throughout the activity.
- 4 ENVIRONMENT:** promote a community based activity where individuals share common values for growth and contribution.)