



## The Sequence for Dance for Parkinson's

- 1) BREATH - Put 'nostrils' on your hip joints, upper back, inner knees, calves....
- 2) TACTILE - Knead yourself, from low to high, slowly
- 3) CORE – DISTAL – Do a full body yawn, and bring it all in, 5 times.
- 4) HEAD – TAIL – 'IOU'
  - 'O': Tie a string to the top of your head. Draw O's. Circle from top of head, and let the spine react too,
  - 'I': Lead forward and up through the top of the head; reverse. Draw I's. Repeat several times.
  - 'U': Do side to side tilts with little under curve swings and hip lifts – Feel a massage from cranium to sacrum – Draw U's.
- 5a) UPPER BODY - Swing fwd down, fwd up, arms down and to the back all the way up. 4 side reaches starting R, then r arm release side as bend side and scoop up. L arm release and scoop up. Do a waist twist. Repeat whole sequence once or twice more.
- 5b) LOWER BODY - Rocking back slightly and holding on to chair, lift and lower r knee, repeat l, repeat r with lower leg extension along the floor and flexion. Repeat sequence starting l. Optional: lift both knees and set them down to the right, lift center, lift left, lift center.
- 6) BODY HALF Sweep arm and leg together to open side R. (1- 4). Second side sweep over to join (5-8) Tiny 'book' back to center – 2 open and close (8 cts.) – following your hands with your eyes. Repeat starting L. Do both sides again, this time following the movement of your hands with your eyes.
- 7) CROSS LATERAL - Cross R leg over, add R arm, add L arm, roll/shrug shoulders. Undo in reverse order, then peel/lower feet ('and 8') Repeat, starting with L leg cross over.

8) VESTIBULAR - Look ceiling, look floor (4x), tilt the head (4x), Repeat ceiling and floor (4x), look side to side (4 cts.) BREATH – Breathe deeply a few times.  
OR Circle your head in the ‘door’ plane, with eyes open, 4x in one direction. Stop and breathe. Then, circle in the opposite LOD (line of direction). Breathe again.

End with several full slow deep breaths.