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The
Transformative
Power
of Dance

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TO JOIN

Andrew Greenwood Offers

2-DAY INTRODUCTION WORKSHOP

at Volksoper Wien

on 10-11 December 2016
10.00 - 17.00

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FOR DANCE & MOVEMENT PRACTITIONERS



Provided By Andrew Greenwood



MORE INFORMATION?
Please contact Andrew Greenwood
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2-DAY INTRODUCTION WORKSHOP

at Volksoper Wien

Switch2Move created by Andrew Greenwood (ballet master) is a movement practice and artistic process that aims to cultivate personal wellness through the art of movement.

The program focuses on motivating and integrating the person as a whole (physical, mental and social) and stimulates personal growth.

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This practical seminar in Vienna is an introductory workshop in a series of further education offers for dancers and movement practitioners based on the fusion of dance, meditation, neuropsychology and kinesiotherapy.

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The specific programs deriving from the Switch2move approach have been effectively applied to the general public and people with physical and/or mental impairment as Multiple Sclerosis, Parkinson's, Dementia, Rheumatoid Arthritis, etc.

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“The art of movement towards health and wellbeing” by Switch2Move is an approach to physical activity integrating the self, moving from inside out and overcoming personal boundaries.

FEES: € 250 (including manual)

Andrew Greenwood has a long year career as an international Ballet master. He spent several years with the mission to improve dancers wellbeing as a witness of the hard aspects on physical and psychological level of this profession. He supported the idea that dance can be a healing art and that dance is for everyone. In 2012 he co founded the organisation Dance for Health and created education programs specialised for people with physical and cognitive impairment as Multiple Sclerosis and Parkinson's. His main aim is to communicate to wider society and especially to the medical world that dance can be a source of Health & Wellbeing. Andrew at the present is the founder of Switch2Move practice, co-director of Dance, Health Alliance (Australia) and co-founder of the foundation Dance&Creative Wellness (Europe).

■ Dance and Creative Wellness Foundation ■ Our sedentary and virtual lifestyle has exploded into an insidious epidemic – limiting the necessity for movement and effort and provoking all manner of imbalances and dis-ease in the subtle. ■ 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 physical 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.



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