

# Movement Playground

for people living with breathlessness

Dear Friend,

Hello! My name is Esti, I am 75 years old and I live in Israel. About four years ago my body started to tremble and I lost control of how I move. Soon after, I was diagnosed with Parkinson's disease. This came as a shock to me, as there is no cure. I realised that I would be living with it for the rest of my life. But I wanted to stay healthy and feel young!

One year later, I joined Dance for Parkinson's classes and it felt like coming home. Dancing keeps my body strong yet sensitive; it also stimulates my mind. With dance I can relax, but it is also my fire! Through dancing I learn to embrace my condition and I don't feel ill. I realise that, although chronic illness is extremely challenging, it can open doors to new, positive sensations, experiences and friendships. That is how I met Krzysztof!

I really believe anyone can find joy and express themselves in movement. Dance is a gift you can give to yourself each day! I hope you will find an opportunity to join Movement Playground for people living with breathlessness with my friend Krzysztof.

Get ready for a lot of fun!  
Yours in Dance,  
Esti



Explore how dance might help you stay active  
Every Thursday, 2.30-4.30pm  
2 May - 18 July 2019

at Mindful Therapies, British India House, Lower Ground Floor,  
15 Carlisle Square, Newcastle upon Tyne NE1 6UF

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## Do you experience difficulty breathing? Would you like to try a new way of staying active?

Join us for a 12-week programme for people experiencing breathlessness, their families and carers. We are going to safely explore different ways of moving and various body awareness techniques, together with researchers from Durham University, professional dancers, and practitioners.

**Free but places are limited - please register at [www.lifeofbreath.org/move](http://www.lifeofbreath.org/move)  
For more information, email [move@lifeofbreath.org](mailto:move@lifeofbreath.org) or ring 07570726589**

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