

Moving and connecting through art - dancing with MS
Soraya Bruno & Miriam Flick, Berlin, DE

IntoDance brings dance to a segment of the community that is normally left out in dance trainings. The *Verein* was founded in July 2017, with the aim of delivering dance classes within an artistic setting to Multiple Sclerosis and Parkinson's dancers. Inspired by the work of Andrew Greenwood who introduced a MS/Parkinson's programme at the Dutch National Ballet, and the successful Dance for Parkinson's work at the English National Ballet. IntoDance offers regular classes in Berlin and is supported by the Staatsballett Berlin. The concept was developed by Soraya Bruno and Anneli Chasemore who are both professional dancers and dance teachers. The founding members of IntoDance constitute a team of five dedicated creative individuals with different backgrounds (dance science, social work, mime, professional dance experience, somatic practice and pedagogical knowledge) who have undergone intensive teacher training to be able to deliver such classes in Berlin. IntoDance, selectively integrates various elements of dance into its classes. The aim is to increase physical awareness through movement, and to promote relaxation. Muscular tension and stress can be reduced while coordination and balance can also be improved. The class is designed to open the door for creativity and self-discovery. This combination provides the dancers with a regular positive experience and awards them with a sense of community outside their everyday lives. The essence of the classes is not only based on the benefits of movement but also and primarily artistic. This gives our dancers the opportunity to encounter the beauty, sensitivity and theatricality of dance, while increasing their capacities for physical awareness.

Kurzbiografie: Soraya Bruno

Soraya Bruno began to dance at the early age of three in Argentina. She studied ballet and graduated from the Teatro Colon ballet school in Buenos Aires. She trained in different dance disciplines during her professional career as a ballerina (ballet, contemporary, modern jazz and tango). Soraya has danced in different ballet companies around the world and in the past thirteen years, she has been a member of the Staatsballett Berlin. She is a professional ballet teacher who graduated from the Royal Academy of Dance and is still an active ballet dancer in the company. Soraya is also directing the Health Department in Staatsballett Berlin which improves health and well-being for dancers (along with Anneli Chasemore). Soraya is a certified Switch2Move practitioner and is currently finishing her Master's degree in Dance Education.

Kurzbiografie: Miriam Flick

Miriam Flick is a freelance mime and actress in physical theater. She graduated from the Etage-Schule for the Performing Arts in Berlin. Miriam discovered her interest in dance and how it touches and moves people during her research work at the inclusive dance collective Tanzbar_Bremen. Her study in this field continued by attending various international workshops. After completing her degree in social work, Miriam wished to begin a professional training as an artist and to search for new artistic forms of expression with a variety of people. Miriam currently stages and performs in her own theater pieces. In 2017, Miriam became acquainted with the work from Switch2Move and values the continued knowledge gained from being involved in this work.