

1 **Appendix A: TANGO THERAPY for PD Patients in three workshops (2014 - 2015)**

3 min.	<p><b>I - PRESENTATION</b> – names.  <u>Sitting position in circle</u></p>
7 min.	<p><b>II – WARM UP</b>  <u>Sitting position, activation</u></p> <p><b><u>BODY MOBILITY</u></b></p> <p>1 - Move the body's extremities: move one foot, two feet ... one hand. two hands ... head ... hand and foot ... hands and head ... feet. hands and head together.</p> <p>2 - Work with support foot:</p> <p>Raise heels supporting the weight on the toes, pushing the floor with the entire sole of the foot, raise the fingers supporting the weight on your heels.</p> <p>Hanging weight from side to side. Hanging weight from side to side scrolling on the chair back and forth.</p> <p style="text-align: right;"><b>* image used to oxygenate joints</b></p> <p>3- Move your shoulders up and down, in a circular way, together and apart.</p> <p>4- Move the central axis (spine) dissociating the torso to the right and the left.</p> <p>5- Patt your body from (arms, legs, neck, head), clap with your partners (interaction)</p> <p>6- Move the torso: opening and closing arms hugging oneself.</p> <p style="text-align: center;"><b>* use the image to release the light of a lantern in the center of the chest</b></p> <p><b>III – THE DEVELOPMENT</b></p> <p><b><u>BODY POSTURE</u></b>  <u>Standing position and round</u></p>
2 min.	<p>1- The individual positioning of tango: feet together, knees contact, closed legs, knees relaxed, tilted hip, torso upright, head up.</p> <p style="text-align: center;"><b>*Put a paper collar on the chest to symbolize the light of the lantern going forward</b></p>
5 min.	<p>2- Move around the space maintaining posture. Give the lantern light for others.</p> <p>Stop moving when the music silent and sort the individual positioning opening his arms and turning back drawing a big circle in the air. Move</p>

	again.
	<p style="text-align: center;"><b><u>SHIFT WEIGHT AND RYTHM</u></b> <span style="float: right;"><b><u>Standing</u></b></span></p> <p><b><u>position, holding hands, and round</u></b></p>
2 min.	3- Mark the rhythm (4 times) with palms shifting weight from one leg to the other.
3 min.	4- Move laterally: a step towards the right (1 time) + shift weight (3 times). Change direction: a step to the left (1t) + shift weight (3t)
2 min.	5- Move forward: a step forward (1t) + shift weight (3t) + a step back (1t) + shift weight (3 t).
	6- All together: a step to the right (1t) + shift weight (3t) + a step forward (1t) + shift weight (3t) + a step back (1t) + shift weight (3t). Changing direction: start to the left side.
	<b><u>WALK AND RHYTHM</u></b>
5 min.	7- Walk forward treading on 4 times. Stop and shift weight (4t). Go forward (1t) + shift weight (3t). Go forward in time 1 and 3. Shift weight in time 2 and 4.
3 min.	8- Make the same in couple with side hug. Explain axis prolongation.
	<b><u>PAUSE</u></b>
	<b><u>TANGO: BASIC STEP 8 movements</u></b>
15 min.	9- Split group into leaders and followers (male and female roles)  Teach the basic step till movement 5. Teach movements 6, 7, 8.
15 min.	10- Make the basic step with a partner. Change partners.
15 min.	11- Dance with live music.
	<b>IV – CLOSURE</b>
8 min.	12- Comments <b><u>Sitting position and round</u></b>
2 min.	13- Ritual: pat yourself on shoulder “well done!”, passing the “pulse energy” around the circle. <b><u>Standing position and round</u></b>
	<b>Concept: Clarissa Machado / Eliane Riegner</b>