



Motivating Moves®
for People
with Parkinson's

Janet Hamburg

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Body-in-Motion is dedicated to helping people move well and feel better. Our hands-on therapies and 3-D Workout™ programs serve everyone from pedestrians to world-class athletes. Imagine the experience of intelligent body movement that restores, maintains and supports you for a lifetime of activity.

The Center for Movement Education and Research (CMER) is a non-profit organization dedicated to the use of movement and dance as creative and integrated sources for improving educational, medical, social and cultural domains. CMER offers Dance/Movement Therapy education for adults and movement programs for all ages. CMER produced the [Kids Get Movin'](#) exercise program. This fun and motivating DVD helps kids build aerobic capacity, flexibility, strength and balance.

Laban Movement Studies

[Laban/Bartenieff Institute of Movement Studies](#)
[Integrated Movement Studies](#)
[Motus Humanus](#)
[Language of Dance](#)

Somatics and Movement Education

[Center for Kinesthetic Education \(CKE\)](#)
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