

## TRAINING AND TRAINERS

### Tango for elderly dependent person

Numerous researches deal with the music and dance's utilization in the non-medicinal treatment of diseases such as Alzheimer's. "The Melody of Alzheimer's" documentary reveals that Tango seems to be a particularly well adapted dance that offers all the rehabilitation's possibilities with the pleasure in addition.

**Institution:** Gérontopôle Pierre Pfitzenmeyer

**Audience:** Caregiver, animator, AS, APA professors

**Objective:** train caregivers gerontology's professional to the animation of Tango workshops.

**Speaker:** Carolina Udoviko, Tango professor/ France Mourey lecturer in Gerontology

**Duration:** 1 3 days session and 1 one day session.

**Dates:** 2017 March 15<sup>th</sup> 16<sup>th</sup> 17<sup>th</sup> and 2017 June 8<sup>th</sup>.

**Place:** Institut Marey, 64 A rue Sully 21000 Dijon (Tramway access: T stop "Mazen-Sully")

**Price:** 450 €

**Information and registration by e-mail:** [secretariat.gerontopole@hotmail.fr](mailto:secretariat.gerontopole@hotmail.fr)

### Detailed program :

-Day 1:	March 15 <sup>th</sup> 2017
9-12 Am	Participants' reception  Documentary projection: "The Melody of Alzheimer's" produced by ABB Reportage. Debriefing with Anne Bramard-Blagny/ the documentary's author, director and producer.
1:30-5 PM	Carolina Udoviko  Basics and fundamentals of Argentinian tango: work on body's perception, position and movements in harmony with partners. Work on balance, weight transfer, connection, walk process... "

-Day 2:	March 16 <sup>th</sup> 2017
9-12 Am	France Mourey  Theory on brain, music and implicit learning
1:30-5 PM	Carolina Udoviko

Dissociation/Rhythm/ Guidance

-Day 3:	March 17 <sup>th</sup> 2017
9-12 Am	Carolina Udoviko  Work based on movement's improvisation and coordination, on quality and precision, music and complementary of previous themes. Work on simple Tango moves? Notion of body's memory
1:30-5 PM	Carolina Udoviko  Continuation/ Training assessment

Day 4	June 8 <sup>th</sup> 2017
9-12 AM	Carolina Udoviko  Presentation of speaker's experiments
1:30-5 PM	Review, Conclusion, Questions