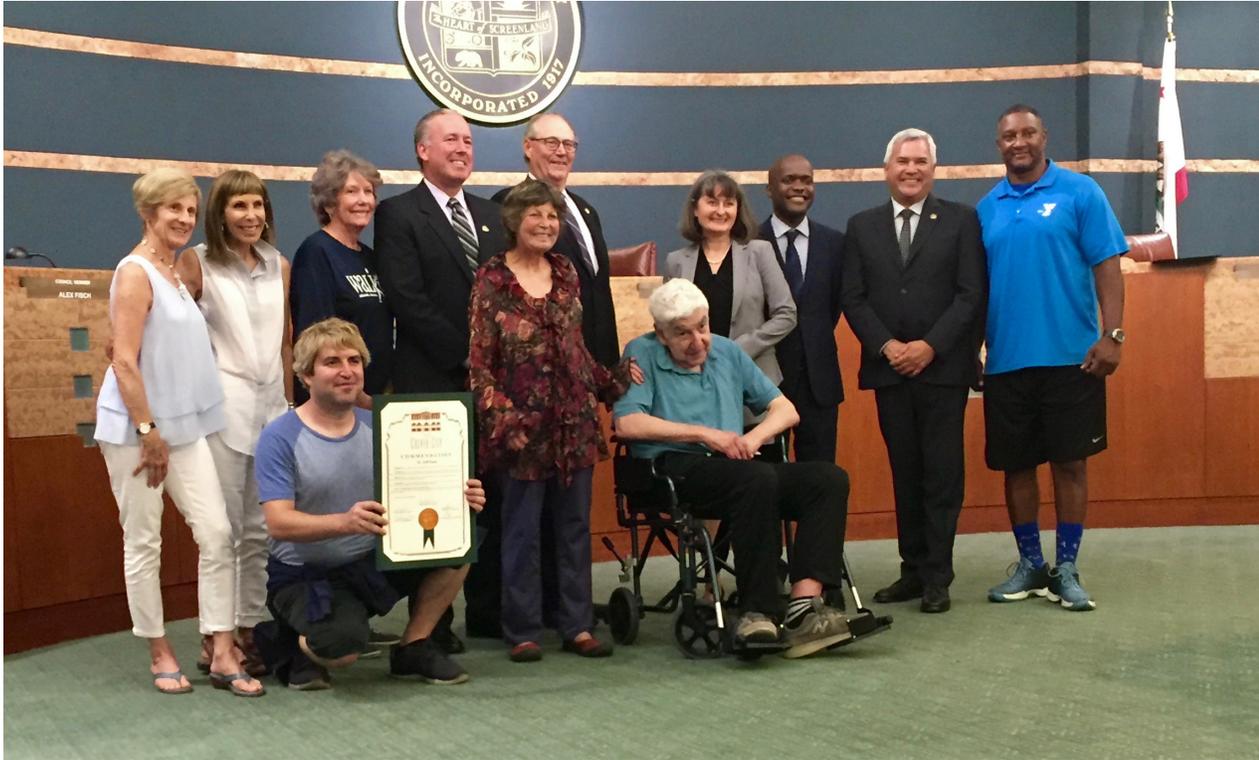


August 2019

Dr. Jeffrey Penso



Jeffrey and Rebecca Penso dance with both the Electric Lodge and Culver City classes. On August 12 the Mayor and City Council of Culver City recognized Dr. Penso with a proclamation honoring his work with the program, **Walk With A Doc.**

Congratulations from us all at DTP!



Invertigo Dance Theatre

is excited to announce that the tickets are available for the world premiere of its newest work **Formulae & Fairy Tales** September 13 and 14 in Santa Monica at the Eli and Edythe Broad Stage!

For more information and tickets go to www.theBroadStage.org or call 310.434.3200

Thank you - this program is funded in part by:

Try these at home, from Heidi Buehler: Parkinson's Tips for Speech: Voice, Throat

"Most people with Parkinson's Disease will experience changes in speech, voice, and swallowing at some point during the course of the disease. The same PD symptoms that occur in the muscles of the body- tremor, stiffness, and slow movement- can occur in the muscles used when speaking and swallowing."

- Parkinson's Foundation Speech and Swallowing

Vocals

Warm up by humming. Sometimes rubbing the chest helps you feel the vibrations.

Hum and open up to an "Ah": hmmmmmm- aaaaahhhhhh

Reverse: start with an "Oh" and close to a hum. "ooooohhhhhmmmmmm"

1. Sit up straight
2. Take a deep breath and feel your lungs expanding
3. Exhale with a loud and clear "Ahh" coming from your breathing, and being thrown across the room in an arc.
 - Keep in mind, when speaking or trying to be louder, try your best not to strain your throat, but rather find the energy from your diaphragm and your lungs to power your voice and exaggerate your tongue and lip movements.
4. Continue taking deep breaths and start your voice as you exhale. Give each sound or word a new breath.
 - "ahh" soft
 - "ahh" louder
 - "eee" high to low
 - "oohs"
 - Say the day, breathe, the month, breathe, then repeat the date over and over until your breath runs out. (ie: Tuuuuesdaay. [breath]. Auuuuguuust. [breath]. Twentieth twentieth twentieth twentieth)

Throat/ Tongue

Start repeating slow and long, then get faster and faster:

- La La Las
- Ka Ka Kas
- Tongue circles: run your tongue across all your teeth and gums on the top then bottom. Repeat the circles in both directions slowly, then repeat faster.

Take 2 big slow exaggerated swallows.

Next month: Facial Exercises

Electric Lodge, Venice:

Please note that there will be **no classes** on
Monday, September 9 (Labor Day)
Monday, September 30 (studio used for Open Temple services)

DTP CLASS SCHEDULE

Mondays, 1:30pm-2:30pm at The Electric Lodge, 1416 Electric Ave, **Venice**, 90291

Tuesdays, 11:30am-12:30pm at Wallis Annenberg Center for the Performing Arts,
9390 N Santa Monica Blvd, **Beverly Hills**, 90210

Tuesdays, 1:30pm-2:30pm at LA Star Dance Studio, 19320 Ventura Blvd, **Tarzana**, 91356

Thursdays, 1:30pm-2:30pm at Culver Palms YMCA, 4500 Sepulveda Blvd, **Culver City**, 90230