

BOWEN MCCAULEY DANCE COMPANY SENDS MESSAGES OF HOPE TO KYOTO, JAPAN

June 4, 2019 - Arlington, VA - Bowen McCauley Dance Company (BMDC), in an effort to raise awareness and reduce the sense of isolation for many suffering with Parkinson's disease, participated in the The Crane Project that was launched to solicit people from around the world to share their messages of hope through a short two-minute video submission contest.

The theme of this year's submissions, The Crane. The contest required video submissions to incorporate an origami crane into their message of hope. The contest winners' videos have been edited together and presented during the 5th World Parkinson Congress that convenes today in Kyoto, Japan.

Working with BMDC's Dance for Parkinson's disease dancers, we submitted a two min. video set to music by Tin Men, entitled "Yo Mama Can't Dance Like This". Last month we were elated to learn that BMDC's video submission was selected by The Crane Project review committee. The video incorporates the use of cranes in Tin Men's jazzy upbeat tune. Our winning video was produced by Mike Watts and Paul Miller of Last Name Left Productions with editing by Jack Alger of Lucid Luna Productions. Our video, YouTube Channel [\[https://youtu.be/ozwSt3EvAFg\]](https://youtu.be/ozwSt3EvAFg).

BMDC is the only professional company in the DC Metro region to provide free weekly dance classes for people struggling with Parkinson's disease and their care partners in eight area locations. In 2001, BMDC worked with the Mark Morris Dance Group (MMDG) and the Brooklyn (NYC) Parkinson's Group both to receive the necessary instruction accreditation and to bring this fantastic program to the Mid-Atlantic region.

The PD dancers featured in BMDC's winning video submission participate in our weekly flagship location at the Maryland Youth Ballet. Each week 25 - 30 people appear in socks and loose fitted clothes to participate in a 70-minute dance class led by Founding Artistic Director, Lucy Bowen McCauley. Classes begin with seated stretching and rhythmic, imaginative combinations of movement set to the backdrop of uplifting music with a wide range of classical drumming, show tunes, old classics, and rock. One PD dancer, Teresa Vandergriff explains, "We relate to one another by things like our signature moves when certain familiar songs are played, and we cheer one another on as we safely push our bodies to new levels of creativity and movement."

As the PD class progresses, "... you see the rigidity and awkward gates fade away, replaced with joy and a sense of connection to those around them," according to Lucy Bowen McCauley. She went on to add, "We're so pleased that we can send a message of hope to Kyoto as a simple reminder that dance lifts our hearts and spirits while at the same time provides a temporary break from this cruel nervous system and debilitating muscular disease."

Related story links: 5th World Parkinson Congress [\[https://wpc2019.org/\]](https://wpc2019.org/) and the Crane Project Commission [\[https://wpc2019.org/\]](https://wpc2019.org/).

BMDC of Arlington, VA, is *DC's premiere contemporary dance company* -- The Washington Post. For the past 23 years, the professional Company has energized audiences with inventive and vibrant choreography, locally and around the world. The award-winning company is renowned for the athleticism of its dancers, use of live music, and community outreach programs for both youth and seniors. For additional information, please visit www.bmdc.org.