

# CONNECT

dancing with neurological  
challenges

Professional development weekend  
Sat 15 & Sun 16 Nov 2025

# CONNECT

dancing with neurological  
challenges

**Saturday 15 & Sunday 16 November 2025**

**Professional development weekend**

Network meeting and workshops Dance Well and Dr Sara Houston

In this weekend we delve deeper into the topic of 'dance and health'. We welcome Dance Well, a project from the small town of Bassano del Grappa in Italy, that has developed into an international movement. A session with guest Prof Dr Sara Houston on the promotion of soft skills in dance further enriches the training.

**Saturday 15 Nov 2025, 10am – 5pm**

Network meeting and introduction to Dance Well for professional teaching artists, cultural and health organisations and other interested professionals.

**Network Meeting**

**Saturday 15 Nov, 10am – 1pm**

[Connect](#) – weekly dance sessions for people living with neurological challenges – started in Zurich, in 2024. Interest in Connect was tremendous from the beginning and other similar programmes have since been established in Switzerland. In this network meeting for dance professionals, institutions and culture and health organisations we invite a sharing of experiences. The organisation and content of several dance for health offers in Switzerland will be presented and experiences exchanged, discussed and evaluated.

Presented in collaboration with [Tanzvermittlung CH](#).

**Presentation Dance Well**

**Saturday 15 Nov, 2 – 5 pm**

[Dance Well](#) is an organisation committed to fostering wellbeing and social cohesion through dance. This introduction by director, Roberto Casarotto and teaching artist Gianna Garzotto will illustrate foundational specificities of the Dance Well approach and its development from a local initiative to an international movement. The introduction also involves a practical session.

---

**Sunday 16 Nov 2025, 9.30am – 4pm**

Workshop exploring with Dance Well (Roberto Casarotto and Gianna Garzotto) and Prof Dr Sara Houston (UK)

**Sunday 16 Nov, 9.30am – 12.30am**

**Practical workshop Dance Well (Roberto Casarotto und Gianna Garzotto)**

The practical workshop with Roberto Casarotto and Gianna Garzotto from [Dance Well](#) will focus on advanced physical and artistic practices, exploring two different examples of the Dance Well approach. A theoretical discussion will highlight the multilayered nature of the initiative and contextualise it in the different territories and spaces where it takes place.

**Sunday 16 Nov, 1.30pm – 4pm**

**Workshop Soft skills in Dance - Prof Dr Sara Houston (UK)**

Soft skills are sometimes known as life skills. They are key to successful communication, smooth negotiation and thoughtful leadership. They lie beneath all the knowledge that we have, allowing us to operate in challenging contexts and helping us develop as self-aware, reflective and capable individuals. This workshop will use a combination of reflective strategies, games, movement and discussion to create awareness of our own soft skills and how to articulate them. [Soft Skills in dance – a guidebook](#)



## CVs and information

[Dance Well](#) supports the professional development of dance artists and organizations that engage people living with Parkinson's and other movement disorders with dance. It offers free dance classes in artistic spaces, such as museums, galleries, cultural centres, historic theatres and outdoors. Moreover, it supports dance professionals in deepening their skills and knowledge, expanding their potential to meaningfully contribute to the societies they live in. Dance Well creates opportunities for people to experience dance as a vital part of everyday life, fostering spaces where communities can discover and engage with the transformative potential of dance through both artistic skill and shared experience.

Roberto Casarotto is the Co-director of Aerowaves. Until 2022 he collaborated with Centro per la Scena Contemporanea di Bassano del Grappa and Operaestate Festival, curating dance programmes and developing international projects. For the Municipality of Bassano del Grappa, and its citizens, he developed Dance Well – Movement research for Parkinson and has been coordinating its national and international growth until 2025. He is a member of CCW-Cultural Welfare Center in Torino. In 2015-18 Roberto was Artistic Director of Balletto di Roma and previously he was a contemporary dancer.

Giovanna Garzotto, independent dancer, teacher and dance maker. As performer and assistant choreographer, she's collaborated internationally with many well-known choreographers. Since 2013 she is a teacher for Dance Well – Movement research for Parkinson's program. She participated in the EU projects Empowering Dance 1 and 2 and Dance Well EU. In her work she favours projects that engage in dialogues with communities. Through dance, as a soft activist, she strives to raise awareness about spaces for changes.

Prof Dr Sara Houston is one of the world's pioneers researching dance for people living with Parkinson's. She holds a Chair in Dance and Community Engagement at University of Roehampton in London and is Director of the Centre for Research in Arts and Creative Exchange. Her special interest is in community dance, particularly with those marginalised in society. She published the defining monograph *Dancing with Parkinson's* in 2019 and won a prestigious National Teaching Fellowship in 2014. Sara worked with EU dance organisations and dance artists to augment professional development through soft skills and was one of the lead authors in 2022 of the open access *Soft Skills in Dance*: [Soft Skills in Dance: A Guidebook](#).

Dates: Saturday 15 Nov 2025, 10am – 5pm  
Sunday 16 Nov 2025, 9.30am – 4pm

Venue: Opernhaus Zürich, Ballet studio A

Target participants: - Network meeting and presentation Dance Well (15 Nov 2025):  
dance professionals, cultural and health organisations and institutions and other interested professionals.  
- Workshop day with Dance Well and Prof Dr Sara Houston (16 Nov 2025):  
Dance professionals / teaching artists. (The number of participants is limited.)

Course language: English

Prices: - Full weekend: CHF 150.00  
(Members of Tanzvermittlung CH/Danse Suisse: CHF 110.00)  
- Saturday 15 Nov 2025: Network meeting and presentation Dance Well: CHF 20.00  
- Sunday 16 Nov 2025: Workshops Dance Well and Sara Houston: CHF 135.00  
(Members Tanzvermittlung CH/Danse Suisse: CHF 100.00)

[Registration link](#)

Contact and further information: [connect@tonhalle.ch](mailto:connect@tonhalle.ch)



TANZVERMITTLUNG CH  
MÉDIATION DANSE CH  
MEDIAZIONE DANZA CH

TONHALLE  
ORCHESTER  
ZÜRICH

TRAFIELD

KUNSTHAUS ZÜRICH