



DANCE FOR PARKINSON'S TEACHER

# KEZIA JOLLY

## ABOUT ME

I am a fully qualified and registered teacher with the ISTD having gained my Licentiate in Cecchetti Ballet and a DDE in Imperial Ballet, Modern Dance, and National Dance. I also have a first class BA (Hons) degree in Dance.

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## MY CAREER AND EXPERIENCE

I am the Principal and owner of my own dance schools, specialising in ballet, in London and Bedfordshire. I have been teaching for over 20 years and have had lots of successes with children being accepted into various associate programmes and vocational schools. I believe that dance should be available and accessible for everyone, and have welcomed many diverse dancers into my schools over the years.

In 2016 I went to De Montford University in Leicester to attend the 'Dance for Parkinson's' course and study how dance could make a difference to those living with Parkinson's. I was lucky enough to be taught by David Leventhal who is one of the founding teachers for Dance for Parkinson's which was originally founded as a collaboration between the Mark Morris Dance Company and Brooklyn Parkinson's Group. I felt truly inspired following the course and knew I could do more to make a difference in these people's lives both physically and mentally.

I worked with Parkinson's UK from 2016 – 2020 delivering Dance for Parkinson's classes and now collaborate with BEEE Creative to deliver classes in Bedfordshire, as well as delivering workshops in care homes and working with Bedfordshire Carers and delivering Dance for Parkinson's classes as part of the Tring Park Associates team.