



Connecting Through Dance: **Take Root Winter Newsletter 2023**



Hello from Ali: Take Root Founder and Artistic Director

We can't believe we are halfway through our season, with lots of exciting things coming up in the next couple of months. In this newsletter, meet Andrew Dettloff, one of our founding company members as he reflects on his time with Take Root and Linda Gabrysiak, a Dance for Parkinson's Disease participant on her favorite moments in our classes and advice she gives to others living with PD. Don't forget to get your tickets to our upcoming *Be You Here* performance at Oakland University March 10th and 11th, our Arts Education Impact Celebration at United Wholesale Mortgage on April 28th and our one-day intensive April 29th. Thank you for your support and Impacting Lives Through Dance!

Conversations with Take Root



Meet Linda Gabrysiak: Dance for Parkinson's Participant

"I love to garden, read, and work on crossword puzzles and Sudoku. Movies, music and stage plays are things to do that bring joy and relaxation. Of course, I now include Dance for Parkinson's. I was diagnosed with PD 2018 and started taking Take Root classes almost immediately."

What is one or two of the benefits you have found personally from taking the Dance for Parkinson's Disease classes?

"When I was diagnosed with PD I decided to be proactive and look for a variety of resources. I knew I could not stop the disease but I thought the PD progression could be slowed. Dance for Parkinson's turned out to be exactly what I wanted and needed. Dance offers the PD participant a positive, healthy space to interact with other students and dance!"

What is one of your favorite memories from one of the Dance for Parkinson's Disease classes?

"I have so many favorite memories it's hard to pick one or two. Working with the OU physical therapy students was great fun. It was so encouraging to work with these young people and see their desire to address the unique problems PD patients deal with. I also leave every class feeling uplifted and energized. Smiling, joking, being silly are all emotions that benefit us. I wish we had class every day!"

What would you tell someone living with PD about the classes who may be nervous to try it the first time?

"When I tell people about Take Root, I stress all the benefits of dance. I also tell them that Dance for Parkinson's is the best way to stop the disease from defining the patient. The patient is able to define their life."



Meet Andrew Dettloff: Take Root Founding Company Member

You have been with Take Root since its beginning. How do you think the company has grown, changed over the years?

When I started dancing with Take Root, I had not even graduated from college yet. I was actually in my final semester and I remember being so excited to call my mom and tell her I had been asked to dance in a professional concert. At that time, Take Root was just the name of the concert. The pieces we created for that show were all partner-oriented, which is what set Take Root apart from the other companies in Detroit. Take Root was not and still is not the average modern dance company. From that first concert years ago, Take Root has now started an outreach program to help give children an outlet in dance which they may not be able to get otherwise. The company also has started Dance for Parkinson's Disease classes in multiple areas around southeast Michigan. Take Root is no longer just a modern dance company, we are a light and an outlet for many people in our community. I'm proud to say I've been with this wonderful company since the beginning and have seen its growth into what Take Root is now.

You recently assisted in re-staging and re-working one of Take Root's oldest repertory works for the Oakland University dance majors which will be performed at the end of April in their Dance Department concert. How was that for you being on the other side of the experience?

I absolutely adore the process of working with not just Ali and Vivian, but also the Oakland University students. We took a 20-minute piece and cut it down to about 11 minutes, which the students learned in only 3 rehearsals totaling 9 hours together. That is really difficult, learning such demanding choreography in a short amount of time. Transit was a beast to take on; from solos, duets, and large group unison sections, not to mention difficult partnering sections. The students took it in stride and stepped up to the choreography.

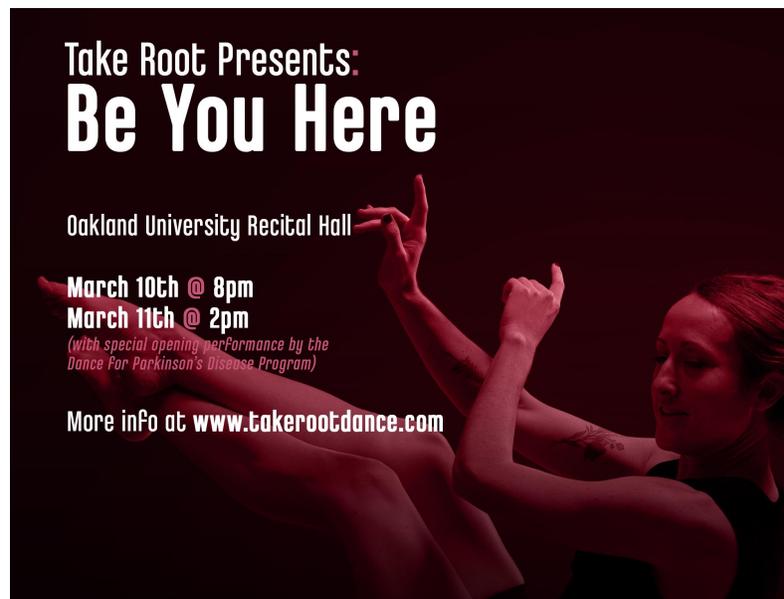
If you could pick two of Take Root's most impactful moments/memories for you, what would they be and why?

By far my most memorable moment with Take Root was traveling, performing, and teaching in South Korea. That was the opportunity of a lifetime. I will never forget all the amazing memories from that experience. Traveling to South Korea was actually my first time traveling to another country other than Canada.

The most impactful memory I have from Take Root was learning and performing a duet with Thayer. I remember thinking to myself when I started that rehearsal process with Thayer and Ali "This is it. This is the work I've wanted to be doing." That duet will be forever one of my favorite pieces and experiences with Take Root. I feel like it was a defining moment in my dance career. Looking back at that moment I realize that the whole time I've been with Take Root I've been in metamorphosis. I've been growing, changing, and sculpting my craft with the help of all these wonderful people and dancers around me. I cannot thank Take Root enough for the opportunities it has granted me and the growth it has given me.

Upcoming Events

Tickets on sale now for *Be Here Now*, Take Root's concert at Oakland University's newly renovated Recital Hall, March 10th @ 8pm and March 11th @2pm. Join us for audience favorites including *Airplanes and Elevators* plus the premiere of Assistant Director, Vivian Costello's work *The Eighth Stage*. We are thrilled to bring back our in-person special opening concert performance by the Dance for Parkinson's Disease program that will take place for the March 11th concert only.



Buy Tickets
Here!

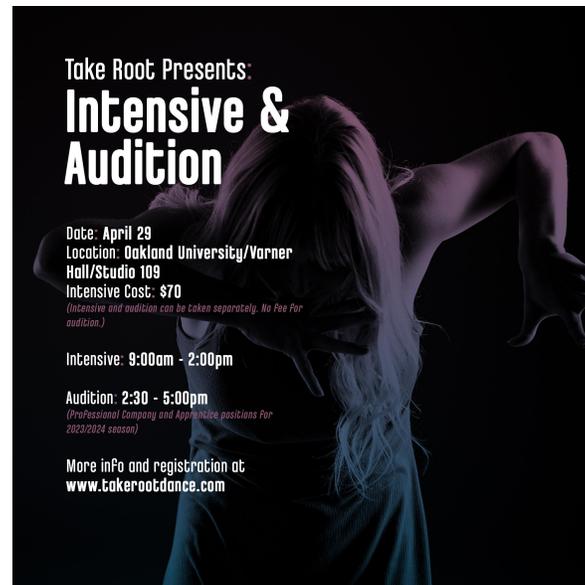
<https://www.etix.com/ticket/v/15251>

Take Root Intensive & Audition

Take Root's one day only Intensive and Auditions for the 2023/2024 season. Come dance and create with Artistic Director, Ali Woerner and Take Root dancers for a day of partnering and choreography. Auditions will take place for the upcoming season following the Intensive.

*Intensive is not required to attend in order to attend auditions.

Visit www.takerootdance.com for more info and to register.



Thank You for Making Your Impact!

As Always, Take Root is humbled by all of those in our community for your continued support. We hope to see all of you soon at our performances, events, classes and more! To continue in Making Your Impact and donate or if you are new to Take Root and want to start making your impact today, visit our website.

[Visit our Website](http://www.takerootdance.com)

Special Thanks To:



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Oakland Together Cultural Institution COVID-19 Support Grant
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We'd also like to thank

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Department!

Thank you to those who have donated and continue to support
our mission to *Impact Lives Through Dance*. For donor information, please

go

to <https://www.takerootdance.com/sponsorships>

Take Root's Mission:

Whether it is through our performances or through our influential outreach programs, Take Root prides itself in our mission to Impact Lives Through Dance, and in our commitment to the community. We strive to impact the lives of others, to provide equal opportunities, to connect and to contribute to the intellectual and artistic life, inclusive to any individual and community we encounter through the art and movement of dance and through support of inclusiveness and diversity.

Social Media:

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