

The background of the entire page is a repeating pattern of blue floral and vine motifs on a white background. The pattern consists of stylized flowers and scrolling vines, creating a decorative border around the central text.

FriendWorks™
Dancing in chairs
Fun, fitness, femininity
by
Dr. Robyn Friend

To provide a gentle chair-based dance class for partially-disabled women who must sit in a chair due to temporary or permanent physical limitations (including spinal chord injury, paralysis, arthritis, multiple sclerosis, chronic fatigue, etc.)

To provide a place and time for such women to experience their bodies in a positive, life-affirming way, and to allow them to feel whole, beautiful, and feminine.

Women of all ages in wheelchairs need fun and exercise – and I have a program to provide that! I draw on world-dance traditions that focus on moving just the arms, hands, and head – whether a broken leg or a paraplegic, you can do this.

I use music from these world-dance traditions, too – upbeat, exciting, and to many, a new sound. I give you a positive and fun experience, a gentle workout, and a sense of accomplishment.

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