

# Medical Daily

- Home
- US / World
- Consumer News
- Policy / Biz
- Science / Tech
- Drugs
- Healthy Living
- Conditions

AdChoices



HOME > [HEALTHY LIVING](#)

## NY Prisoners Participate In Dance Program To Heal Physically, Mentally: Dancer Susan Slotnick Promotes Rehabilitation Through Art [VIDEO]

By **Lizette Borrelli** | Oct 1, 2013 01:33 PM EDT

□

E-Mail

Print

Text Size: A A A

Tags **Susan Slotnick, prisoners, dance therapy**



Murderers and sex offenders in a correctional facility in upstate New York are doing more than just serving time; they're sweeping the floor with dance moves taught by dancing instructor Susan Slotnick.

12

Print  
Text  
Size

2

For the 68-year-old woman, going on a one-hour drive to Woodbourne



Correctional Facility in Woodbourne, N.Y., every Sunday afternoon for six hours has been an enlightening experience for the past seven years. The New Paltz native is a renowned dance teacher for children and teens in her hometown, where she teaches them good posture, footwork, discipline, and the pleasure of movement in their lives, [CBC News reports](#). For the inmates at Woodbourne Correctional Facility, she's more than just a dance teacher — she's their life coach.



(U.S. Military) The only male prison dance program in North America heals murderers and sex offenders physically and mentally.



Slotnick founded the dance program, the only male prison dance program in North America, with support from Rehabilitation through the Arts. The dance teacher is currently working with the convicts for a performance for 800 inmates at the correctional facility.

"The majority of my guys were teenagers when they committed their crime," said Slotnick to CBC News. Her dance class includes convicts who didn't go to good schools, didn't have good parenting, and were victims of institutionalized racism, according to Slotnick. The dance teacher doesn't see them as criminals, but instead



MOST POPULAR

as people who took wrong turns in their lives and who want to steer toward the right path.

Thomas, one of Slotnick's dance students, is a middle-aged guy with big biceps and a bigger smile who looks forward to his dance class every Sunday. "I actually told my wife a couple of months ago that I gotta go to dance tomorrow," said Thomas. "She said, 'Dance? Dance? That sounds crazy, baby!' I said, 'It sounds crazy but I am not doing anything for anybody else anymore. I am doing what I enjoy, what makes me feel good as a person,'" he continued. Thomas believes the negativity from living on the streets is "flushing out" of him through dance.

Follow Us | Like 31k | Follow

Slotnick's Sunday dance class has even enhanced the physical and verbal skills of some inmates like Albert. "Dance shows you that no matter what you do, you have a choice. It teaches me how to interact. Either physically or verbally," Albert told CBC News. "My bad choice was that I didn't communicate. I didn't seek out help. So now I learned from that mistake. I learned that I am not here by myself."

Albert has learned the key to communication with Slotnick's "philosophy class." Slotnick gathers the prisoners to sit down in a circle and just talk. One day, she was doing a philosophy class and decided to use a quote from *Deuteronomy*: "I set before you life and death. Choose life." Tyrone Taylor, one of Slotnick's students, approached her and said that he had one problem. When Slotnick asked him what that was, he said, "We never knew the other choice existed."

Six dance students out of the prison have formed a dance company called Figures in Flight: Released. While the ex-prisoners find it difficult to get together for practice due to parole officers and mandated rehabilitation programs and jobs, they have done several musical numbers with professional dance companies.

AdChoices

In December, Figures in Flight: Released will perform on stage at 92nd Street Y in New York City.



Like 28 | Tweet 12 | 2

LATEST

-  Neuroscientist: Dogs Have Feelings, Too
-  Language Analysis Of Facebook Offers New Insights Into Human Personality
-  The IUD Makes A Contraceptive Comeback: Is

SPONSORED CONTENT

-  12 Ways To Younger Looking Eyes
-  The Personal Story That Brought a Fresh Perspective to Traditional Addiction Rehab
-  Holistic Rehab and the

Top Trends

- |                    |                 |
|--------------------|-----------------|
| 1 Depression       | 2 Immune System |
| 3 Genetics         | 4 Cancer        |
| 5 Dementia         | 6 Alzheimer's   |
| 7 Anxiety Disorder | 8 Sexual Health |
| 9 Tuberculosis     | 10 Addiction    |

DailyFinance

- 5 Things to Watch on Wall Street: Investors Get a Lot of Food for Thought
- Tesla CEO Defends Model S After Fire; Owner Says "I Am Still a Fan"
- The Week's Winners and Losers: 2 Very Different Crashes for Angie's List and Tesla
- Fix Your Malfunctioning Wardrobe Cheap: All You Need Is a Good Tailor
- Walmart, Best Buy Already Slashing iPhone 5c Prices

<p><b>Right For You?</b></p>  <p>An Intrauterine Device Fighting Disease With Tweets &amp; Status Updates</p>	<p><b>Healthcare</b></p>  <p>Trend of Patient-Centered Tranquility Naturel, Bringing Peace &amp; Well-Being From the Inside Out</p>
--	--

**FROM AROUND THE WEB**

ADVERTISEMENT



Snoring can be a sign of a serious health issue, and can drive your partner crazy.



Pick the right penny stocks, and they could make you millions.



Here are 25 of the hottest cheerleaders on NFL sidelines.



10 Things To Never Say During Sex...



What happens to your body when you take a free testosterone supplement?



75% of Seniors Make This \$152,000 Social Security Mistake. (See if You Qualify!)



Albany arrest records. Who do you know? You may be surprised! Search anyone!...



(New York): Obey this 1 weird "loophole" to get car insurance as low as \$9...

SPONSORED FROM AROUND THE WEB



**Miley Cyrus Is Going To Regret Her Latest Tattoo**



**Celebs With Better Looking Siblings**



**Celebrities Who Hate Each Other**



**Miley Cyrus Accidentally Butt Tweets A Very Personal Convo**



**You Won't Believe These Stars' Natural Hair Color**



**90's Slang Terms We Completely Forgot About**



**What Billy Ray Cyrus Has To Say About 'Wrecking Ball'**



**Wild Facts About Angelina Jolie That You Won't Believe**

IN CASE YOU MISSED IT...



**Low IQ: How Financial Woes Impair Cognitive Function**



**Begin Learning Language In The Womb; Remember Words After Birth**



**Evidence: Mediterranean Diet May Ward Off Dementia, Promote Brain Function**



**Deprivation Makes You Buy More Food: Could More Rest Save Your Waistline?**

About US  
Contact US

**Advertising**

**Privacy Policy**

**Terms Of Service**

© Medical Daily 2013 All rights reserved