

Movement & Music for Parkinson's

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Engage your senses and discover body patterns that will improve your range of mobility, enhance your balance, and inspire connection and mindfulness. From the lens of Orff Schulwerk, experience musical ways to improvise with your whole self.

Warm-up: <u>| Can Imagine</u> (Breath and sensory movement exercise)



Balance: <u>Seven Jumps</u>

How can you practice balance in all parts of your body? Find your center first!

Mobility: Oh, Watch the Stars

Seated, standing, or lying down, how do you expand your range of mobility?

Generate a list of action words and create customized movement sequences.

Open-Close	Rise-Sink	Brush- Tap	Squeeze-Release
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Cognition: Gospel This little light of mine

Can you sing and move at the same time?

Make original 4-beat patterns using body parts of your choice.

arms	6	feet	fingers	elbows	knees	hands	shoulders
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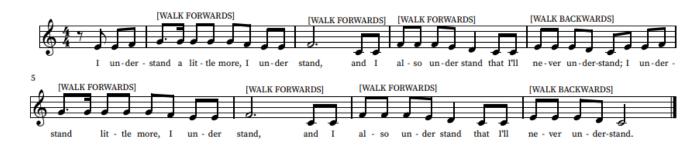
Connection: James Taylor The Water Is Wide

Can you find your inner artist? How can you connect with your own community?

In partners, create movement to inspiring images:

The water is wide	EXPAND
I cannot get o'er	CURL
And neither have I wings to fly	SPREAD
Give me a boat that will carry two	SCOOP
And I shall row	CIRCLE
My love and I…	PROTECT

Warm-down: I Understand a Little More



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What is Orff Schulwerk?

Orff Schulwerk is a dynamic teaching approach that integrates music, movement, drama, and speech. Originating in the 1920's, this artistic-pedagogical approach developed by Carl Orff and Gunild Keetman, is based on the premise that all children are inherently musical and creative, and learn best in a playful environment where they feel comfortable, curious, and confident. A defining feature of Orff Schulwerk is its *elemental* style, which Orff described as what is *near the earth, natural, physical, within the range of everyone to learn and experience it. It is never music alone, but forms a unity within movement, dance, and speech.*

Orff Schulwerk draws on and appeals to all styles of learning—visual, verbal, aural, social, and kinesthetic. The kinesthetic sense is especially important because the body is our primary instrument for any kind of expression. Movement opens a way to physically, mentally, and emotionally connect not only with our own beings but also with others, without the boundaries and limitations of language, background and ability. Students of Orff Schulwerk strive to nurture a climate of creativity, diversity and inclusivity that will lift and guide others to a rich lifetime of expression.