

Movement & Music for Parkinson's



Mika Inouye, MM, NCTM

Orff Schulwerk Clinician

Durango, Colorado

mikainouye@gmail.com

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: [I Can Imagine](#) (Breath and sensory movement exercise)

The image shows a musical score for the song "I Can Imagine" in 4/4 time. The melody is written on a treble clef staff. The lyrics are: "I can i - mag-ine, but I can't real - ly know, Still I feel some-thing and that is val - u - able." Above the staff, chord progressions are indicated: [OPEN] C, F, [CLOSE] Dm G7, C, [OPEN] C, F, [CLOSE] Dm G7, C. The lyrics are aligned with the notes on the staff.

Balance: [Seven Jumps](#)

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	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](#)

The image shows two staves of musical notation in 4/4 time. The first staff contains the lyrics: "I un-der - stand a lit - tle more, I un-der stand, and I al - so un-der stand that I'll ne - ver un - der - stand; I un - der -". Above the notes are movement instructions: "[WALK FORWARDS]" above the first two measures, "[WALK FORWARDS]" above the third measure, "[WALK FORWARDS]" above the fourth measure, and "[WALK BACKWARDS]" above the fifth measure. The second staff starts with a measure number "5" and contains the lyrics: "stand lit - tle more, I un - der stand, and I al - so un - der stand that I'll ne - ver un - der - stand.". Above the notes are movement instructions: "[WALK FORWARDS]" above the first two measures, "[WALK FORWARDS]" above the third measure, "[WALK FORWARDS]" above the fourth measure, and "[WALK BACKWARDS]" above the fifth measure.

Composed by Mika, Mei Li, Sarah and Seidi Inouye, 2020

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.