



Life is movement is music

Developments and concepts of Viennes Rhythmics at the University of Music and Performing arts Vienna

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DESCRIPTION:

What do music and movement have to do with our being human? Basic musicality and basic patterns of movement are given to all of us. Without these qualities we would not be able to learn languages and understand each other. That which initially functions unconsciously, can be stimulated and supported through artistic means. Artistic expression is part of human nature and not a luxury. Especially through music and movement we can develop the foundations of communication and enhance our awareness of life. The present book shows how the connections between music and movement can be taken up in education to develop social and creative skills - not only the skills of children, but also those of adults, elderly people and people with special needs. After a short introduction to the development of the Viennese education, the interrelations of music and movement are presented in more detail in terms of different aspects of Music and Movement/Rhythmics. The applications of the approach when working with different target groups are described and insight into the didactics of the approach is provided.

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