



Dalcroze Eurhythmics:

Dalcroze Eurhythmics offers a unique, holistic approach to music by simultaneously engaging the mind, body and feelings of the pupil. The challenge is to participate fully in the musical experience of the moment. All elements of rhythm are explored, from the most basic (pulse, meter, phrasing, accents, rhythmic patterns) to the more advanced (such as tempo, syncopation, ensemble, cross-rhythms, unequal beats, anacrusis, and agogics).

Eurhythmics ("good rhythm") games consist of listening and responding to music, as well as observing oneself in movement. **Solfège** is the study of pitch relationships, supported by a foundation of good rhythm. **Improvisation** is an integral part of the training, and exists as a laboratory for synthesizing good rhythm and clear tonal relationships.

Class work takes place in a lively group situation. By attentive, active and sensitive participation, one learns to solve practice and performance problems. Dalcroze Eurhythmics can benefit musicians, actors, athletes, and dancers by using body and voice in a more relaxed, joyful way to develop inner hearing, good timing, perception, memory, awareness, phrasing and flow.

Principles of Dalcroze:

- **Eurhythmics** means "good rhythm"
 - ~ Follows
 - ~ Quick Reaction
 - ~ Canons
 - ~ Listening polyphonically
 - ~ Large conducting movements
 - ~ Internalizing the beat
 - ~ Plastique Animé
 - ~ Time, Space, Energy interactions
- **Solfège** - pitch recognition and relationship
- **Improvisation** - using what you have experienced

Dalcroze Eurhythmics Bibliography:

Abramson, Robert M. Rhythm Games for Perception and Cognition.

Aronoff, Frances Webber. Music and Young Children.

Bachmann, Marie-Laure. Dalcroze Today: An Education Through and Into Music.

Black, Julia & Moore, Stephen. The Rhythm Inside-Connecting Body, Mind and Spirit Through Music.

Findlay, Elsa. Rhythm and Movement - Applications of Dalcroze Eurhythmics.

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