

UMTA Dalcroze workshop, 10 – 12 noon, Friday 28 April 2017

Venue: to be decided

PRESENTER: Dr Sandra Nash

#### Description:

The Swiss teacher and composer, Emile Jaques-Dalcroze (1865-1950) created his approach to learning music through full body movement over a hundred years ago. Known in English as Dalcroze Eurhythmics, the method comprises three main parts which are interconnected: Rhythmic Movement, (wherein the relationships between Time, Space and Energy are explored in all manner of ways), Aural Training (which draws on the rhythmic experiences from the movement class and combines them with pitch and harmony), and Improvisation. The method is widely recognised as a significant method in music education, pedagogy and performance, and has spread throughout the world.

The practice of Eurhythmics is usually experienced as a group, responding to music and interacting in a large space using full body movement. Dalcroze principles can be translated into meaningful experiences in the studio by adapting group exercises into one- on-one activities. Some teachers after experiencing a Dalcroze workshop, have returned to their studios and tried ideas with their students and observed positive changes in their playing. Specially chosen movements away from the instrument can help students get to the essence, flow and the impulse of music.

This workshop will focus on practical ideas for the studio teacher: rhythm games to aid concepts of twice as fast or slow and note reading; how to conserve the feeling for metre, and the use of conducting and simple materials. Drawing on the text by Julia Schnebly-Black and Stephen Moore, "Rhythm: One on one", we will also look at what they refer to as the Fundamental Gesture and Associative Gestures, using musical examples from easy and more advanced repertoire. Music subjects to be addressed may include phrasing, anacrusis, metre and polyrhythm. Participants will be invited to walk, sing, gesture, conduct and use a range of materials in a selection of exercises to demonstrate ways of adapting Dalcroze principles to the studio setting. Participants should wear a low court shoe (no high heels, please), and clothes which allow freedom of movement in the arms and torso. Depending on the floor, people may work in bare feet or a light flexi-shoe from Bloch's. Sneakers are not recommended as the soles are too thick and we want the feet to have a good contact with the floor.

#### Reference:

Schnebly-Black, J. and Moore, S. Rhythm: One on One. Dalcroze activities in the private music lesson. Alfred: 2004.

#### BIOGRAPHY

Sandra Nash, PhD, BMus (major in piano performance), University of Sydney; Dalcroze Diplôme Sup. (Institut Jaques-Dalcroze, Geneva), has taught music at all levels: early childhood, secondary school and tertiary, the latter in Australia and Canada. After studies in London and Geneva and gaining the *Dalcroze Diplôme* (1976), she became a leading Dalcroze teacher in Australia. This brought with it the responsibility for training, and as

Director of Studies, has conducted Summer Schools and workshops for teachers in this method from 1994 to the present. She has also given workshops with colleagues in South East Asia, Japan, Europe and North America. From 1997 to 2009 Sandra taught Dalcroze Eurhythmics in the Junior and Tertiary programs at the Sydney Conservatorium of Music within the University of Sydney. In 2003 she became a member of the Collège of the Institut Jaques-Dalcroze, Geneva, and has been the Australian delegate to the International Federation of Eurhythmics Teachers (FIER) for twenty years. In 2011 she graduated as PhD (University of Sydney) with a thesis on Heather Gell and Dalcroze influences in Australian music education. Having developed a Dalcroze training syllabus with UK colleagues, she is a Co-director of an international Dalcroze Examinations Board. She currently runs a studio practice in piano and musicianship, and continues to give eurhythmics workshops for both amateurs and professionals in Australia and SE Asia. In January 2017, she conducted the Dalcroze Australia Summer Course in Sydney. Preparations are already under way for the next Summer Course in Perth in January 2018.