



**AES NATIONAL CONFERENCE 2022**  
**“HEALING THROUGH DALCROZE EURHYTHMICS”**  
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Introduction

- Relax – trauma, challenging family life, don’t use this phrase – “just relax.” Our job is to give them experiences to emote, feel beauty, regulate breathing. Everyone needs these aesthetic experiences.
- Use of a quick teacher-directed process just for today
- 4 pieces
  - all with a triple feel (12/8 or  $\frac{3}{4}$ ) which demonstrates flow and calm
  - variety of styles, composers, cultures

Addio a Palermo 12/8

- Composed by Ennio Morricone (Italian) means – goodbye to a city in Italy
- Move on anacrusis/crusis and stretch arm throughout the phrase, breathe in on anacrusis and out on crusis/metacrusis (phrase)

Allunda Alluya 12/8

- Nigerian lullaby in Swahili
- Performed by Mawaca – Brazilian ensemble know for world music
- Translation – O God of the sunrise, protect this child. Help the infant to grow and become a worthy member of our tribe
- Stand in circle and divide in half
- A section – A half on beats 4 & 1, giving arm motion, B half beats 2 & 3 receiving motion practice first without music then add music (start at ’21)
- B section – walk beat then find a partner and move together (sway, high fives, anything you want)

Discussion

- How can movement heal?
- How does the philosophy of Dalcroze Eurhythmics create a healing space?
- How does music selection and text (if applicable) affect atmosphere/mood, acceptance of all, and other DEIA issues?

What a Wonderful World 3/4

- Composed and performed by African-American, Louis Armstrong
- Elastics in pairs, then groups. Start with half notes then whole notes in pairs, then form groups and pull whole notes

What the World Needs Now is Love 3/4

- Composed by Burt Bachrach (American), performed by African-American, Dionne Warwick
- Stand in a large circle – sway in and out for first chorus, verse – tap right hand (quarter notes, dotted half notes, or other pattern), switch, last chorus – sway by yourself then form small groups and sway in and out