

# BODY IS MUSIC – MUSIC IS BODY



We are music. It is always there, in us and around us. We connect us with this river, dive into the improvisation with body, rhythm and voice and we trust. Instruments can accompany us on the expedition, depending on the needs or requirements of the group.

Together we let the music emerge from the moment, out of us, without expectations, in a playful way with a lot of rhythm and no judgement.

## This work intends

- ✓ Sensitization of emotional intelligence through contact in music
- ✓ Strengthening self-confidence in dealing with voice and rhythm
- ✓ Gathering experiences in the connective power of the circle
- ✓ Getting to know music as a readily available artistic form of expression
- ✓ Learning motor skills to create body & vocal percussion sounds

## Scope

The offer should be tailored to the target group, possible scenarios are: block of 1 hour, 2 hours, half-day, full day, or special occasions such as project weeks.

## Raphael Baumann - Curriculum Vitae



As a drummer and percussionist in various ensembles, I began to rediscover my love of rhythm and music from childhood onwards.

Later, the fascination of my own body and my own voice as an omnipresent instrument (body & vocal percussion, beat box) seized me. For some years I have been thrilled with the combination of this free, improvisational work with those in groups.

Currently, I can live this passion in the Goccia di Voci - Choir, in regular improvisation groups and in various ad-hoc projects in kindergartens and in curative education facilities. This summer of 2019 I will additionally complete my training in body music (Atelier für Körpermusik, Liestal, Switzerland) as well as undertake further education in TaKeTiNa (ZIST, Penzberg, Germany).

