

Creative Movement Class: Rhythms of Life

This year Sonja H. Sutherland and Eve Decker are teaming up to teach the K-1 movement classes. We utilize rhythmic accompaniment (guitar, drum, flute) to inspire and support movement explorations with the children. Sonja combines her experience and training in Feldenkrais®, aikido and dance to create classes which explore movement elements of time (quick, slow, rhythmic), space (levels, floor space, air space, negative space), effort (heavy, light) and flow (bound, free). Emphasizing experiential learning--learning through sensing and feeling one's self in relations to others, we explore how we move and how we can move.

This Fall we focussed on our skeletons. We explored how our bones support us in movement and in stillness.

Eve brings her expertise in teaching music to children to enhance their experiential learning through rhythmic movement games. We play games that require group interaction, participation and focus of attention. We emphasize following and leading skills, encourage creative movement discoveries, enhance body/mind awareness, foster working with others, and remind us all of how much fun and how good it can feel to explore the rhythms of life.