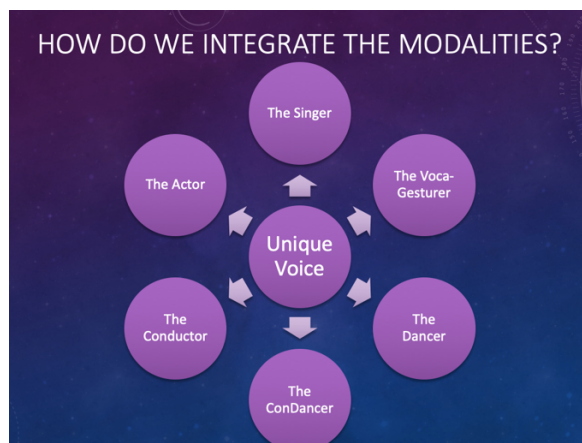
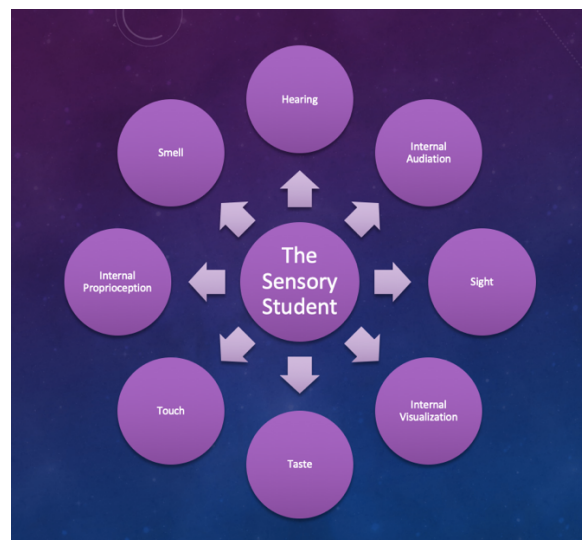


**MTNA National Conference
Spokane, Washington, 2019**

**The Elephant and the Blind Wisemen:
Exploring Sound Through Multi-Sensory, Whole-Body Processes**

**Jessica Johnson, University of Wisconsin – Madison
Midori Koga, University of Toronto**

Martha Graham says: “There is a vitality, a life-force, an energy, a quickening that is translated through you into action and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and be lost.” (from Agnes De Mille, *Martha: The Life and Work of Martha Graham*)



Gerald Klickstein from *The Musician's Way* writes: "...deep practice integrates all that you are – your body mind, and spirit... deep practice is transcendent. No pitch is merely a pitch; each one has a living quality." (Klickstein, 2009, p. 20)

TOPICS: How do we integrate the modalities?

Voca-Gesturing

Resonating Chambers in the Body

Meredith Monk says: “That inner voice has both gentleness and clarity. So to get to authenticity, you really keep going down to the bone, to the honest and the inevitability of something...” (Klickstein, 2009, p. 19)

Musical Embodiment

Sensing Musical Flow and Line

Con-Dancing

Connection to the Breath and Pelvic Core

EXAMPLES OF INTEGRATED EXPERIENCES:

Finding Freedom and Fluidity through Pseudo-Improv (with yoga ball)

Finding Sound (for a student with small hands)

Finding a Dramatic Forte Dynamic (for a small student)

Finding Colour in Voicing

Finding Character and Joy

Finding Rhythmic Groove

Tony Di Sanza, percussionist says: “The groove is a wave... and if you’re behind it you’re trying to catch it and you can’t... if you’re ahead of it, it collapses and you are getting in the way of it. If you are with it, it carries you; it’s effortless... you’re in sync. You can then move around it. It’s an unmistakable experience.” (in a car on the way to work with Jess).

Looping Gestures

Con-Dancing Rhythmic Gestures

**THANK YOU FOR JOINING US TODAY.
ALL THE BEST IN YOUR MUSICAL EXPLORATIONS**

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