

**Session 4111****The New Cocktail Hour****Mixing Sound With Expressive Movement: Claudia Micco**

Wellness, Yoga/Pilates, Live In Person

In this therapeutic movement workshop, we explore the healing properties of sound and expressive movement, studying Bioenergetics and Healing Sound Therapy or Toning methods. Participants unleash their creativity through movement and sound to release tensions in the body and stress in the mind.

Equipment: BYOM (Bring Your Mat)

**Bioenergetics: Expressive Movement and Grounding**

Bioenergetics is breathing and moving in ways devised to break down muscular tension or armoring that represses the flow of life force and feeling in the body developed by Alexander Lowen M.D. Being grounded is the prerequisite for feeling centered and being fully in contact.

Our chronic thoughts and beliefs can create chronic muscular tensions called **armoring**.

Armoring – refers to the total patterns of chronic muscular tensions in the body.

The more stressful the thought or belief- the more chronic the problem, and the longer the body holds the pattern, the more unconscious it becomes. The common areas for armoring are the eyes, mouth, throat, chest, hands, diaphragm, belly, pelvis, and feet.

**Designed to break down armoring through Breathing, Feeling, Movement and Sound together = Expressive Exercise!**

How do these tensions come about?

What thought habits created these patterns of tension?  
Breaking down the process through constant self-inspection.

What habitual somatic deviations are we aware of?

## Stress and Anxiety

All we think is real or natural to our insides!

Fight or Flight

Actual or Imagined creates the same response in the body

Beneficial Anxiety

Detrimental Anxiety

How much is too much?

## Discovering Deeper Levels Of Consciousness And Healing

Music (self-made or external)

Sound or Chanting (self-made or external)

Passive or engaging physical activity

Intention

## Music as a Healing Modality

Music in the classroom:

Music directly affects brain wave states and HR (healing and learning states)

What are the goals for the music you choose?

## The Nine Attributes Of Healing Music

1. **Drone** -- Healing music should have a constant tone that drones behind a simple melody.
2. **Repetition** -- Short musical phrases, whether vocal or instrumental, should be repeated repeatedly, producing a calming effect.
3. **Harmonics** -- Long sustained tones produce harmonic overtones.
4. **Rhythm** -- The function of rhythm in music is to duplicate the many pulses in the human body and then, through *entrainment*, move the pulses into a healthy natural pattern.
5. **Harmony** -- Harmony affects emotions. Various keys (major or minor) evoke feeling states, be they sad, joyous, triumphant, soothing, or mysterious.
6. **Melody** -- The mind is engaged by melody. This takes the attention away from the day to day afflictions and allows healing to occur.

7. **Instrumental colors** -- Each instrument has its unique voice composed of characteristic overtones and waveforms. These penetrate various areas of the body and have a balancing effect.
8. **Form** - The structure of a musical piece determines where the journey will take the listener. Pieces with many changes in tempo and mood will be stimulating, whereas steady and predictable pieces have a calming effect.
9. **Intention** - is perhaps the most essential attribute of music's healing effects.

### **Toning, Sounding & Chants**

- Unconscious Toning- tired, pain, joyful, crying, screaming, whistling, shouting, gasping, snuffing, belching, etc.
- Toning - Creation of extended vocal sounds on a single vowel to experience the sound and effects in other parts of the body.
- Sounding- Working with natural body sounds and words in experimental ways
- Chants – Vocalized meditation and applied energy
- Self-generated tone – NOT SINGING
- Vibrations made through these methods stimulate the central cortex of the brain and massages the body and mind from the inside out.

### **Exercises for Today!**

**Standing Dissolving & Grounding Exercise**- breath and body consciousness.

**Ah Ha hahaha !** - shoulder and diaphragm tension release

**Shake, Shake, Shake** – releasing tension

**Stomper** – (road rage exercise) good for releasing adrenal energy

**Get out of my way** –(road rage exercise) good for releasing adrenal energy.

**Get off my back** – letting down, lightening the load.

**Forward bend with heel drops** – grounding.

**Shaking Fists** - protesting injustices

**Driving Fists** – protest, release anger

**Towel Twisting**- releasing rage and anger.

**Driving in Reverse** or swinging and twisting  
(with Ah sound) – being able to change direction easily

**Lying Supine** -has a regressive aspect in that it suggests a return to infantile body attitude, which facilitates the “letting go of control.”

**Basic Belly Breathing** -in nose & out mouth, taking in life.

**Leg Vibrations** – tightening and holding & increasing energy in legs.

**Kicking** - expressive

**Cobra** – bending backward, letting go of fear- having a backbone

### **Summary:**

By accepting your body and its feelings, you will intuitively broaden your contact with all other aspects of reality. Furthermore, since the body is such an essential part of who we are, any increase in contact with your body will significantly improve your self-image, interpersonal relationships, the quality of your thinking and feeling, and your enjoyment of life.

A grounded person need not speak to be heard, while an ungrounded person may talk endlessly without result. Being grounded inevitably leads to developing boundaries, allowing oneself a protective space that challenges unwanted intruders.

Mahalo Claudia

Please go to my website: [www.claudiamicco.com](http://www.claudiamicco.com) to learn more about SS&C ACE continuing education courses and mind/body e-books to enhance your teaching skills.