

Appendix C – Core Experiences

1. Composition
 - a. Group composition
 - “Imagine”
 - 12-bar blues
 - b. Individual composition
 - “Cry”
 - “You Gotta Be”
2. Receptive (Listening)
 - a. Song discussion
 - “The World Spins Madly On”
 - “Addicted”
 - “Comfortably Numb”
 - “Desperado”
 - “One Voice”
 - b. Creative movement with drum beat
 - c. Song Memories and Associations (Bruscia, 1986)
3. Improvisation
 - a. Instrumental
 - i. Rondo form improvisation with freestanding drums and hand-held percussion
 - ii. Conducted improvisation (Women conducted with simple hand gestures)
 - iii. Individual referential improvisation with sheet of emotional referents
 - iv. Individual improvisation with group’s reflection
 - v. Choir chimes improvisation on blues scale with keyboard accompaniment

b. Vocal improvisation with blues scatting

4. Re-Creative (Performing)

a. Vocal Re-Creative (singing *a cappella* and with guitar and/or keyboard accompaniment and flute or saxophone)

“I Am A Bright Light”

“No Weapon”

“Lean on Me”

“In the Jungle”

“Stand By Me”

“Here Comes the Sun”

“I Can See Clearly Now”

“We’re All Making Music Together”

“I’m a Believer”

“Edelweiss”

“Hotel California”

“Amazing Grace”

“With a Little Help From My Friends”

“I Still Haven’t Found What I’m Looking For”

“I Just Called to Say I Love You”

“You Gotta Be”

“The Greatest Love”

“Sometimes I Feel Like a Motherless Child”

“All You Need Is Love”

“Let It Be”

b. Instrumental Re-Creative

i. choir chimes (melodies and chords)

ii. Afro-Caribbean drum “grooves”