

# INTO PIANO IMPROVISATION – FROM MOVEMENT, OVER INTERACTION

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There are many ways into improvisation. The way that we will introduce this <sup>year</sup> takes specific movements as a foundation to help a musician learn certain rhythmic patterns, and that carry information about sound structures, like information about phrases and melodic contours, for example. The movements are embedded in various forms of social interaction. This ensures that you will be taking improvisatory steps together with other musicians – and this will most likely contribute to creating an aesthetic experience and a rather stress free process. Let's see if we can realise these high ideals together.



## What is our aim?

The active and interactive group session will give pianists the possibility to start or proceed with their journeys as improvisers. We hope that the rich experiences in Castelnuovo will form for some a first foundation for learning to improvise, or – for those who already improvise – that the experiences will provide input that will support ongoing processes of learning to improvise. The approach followed during the sessions falls into the tradition of MBP/Rhythmik (Music and Movement Education/ Rhythmics). It is a holistic approach to education with its centre in Vienna, Austria and it develops (through embodied cognition) four aspects of being human: *music and motor skills, social skills, sensitising the senses, expressive skills.*

### How will we work together?

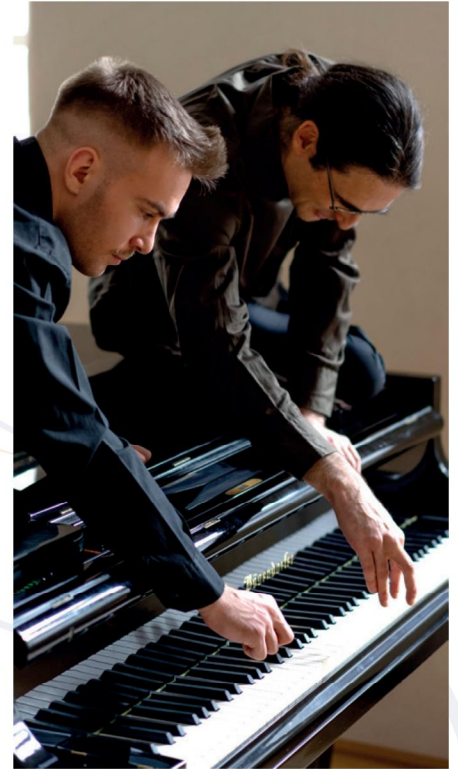
The session will be 120 minutes long. During this session, the focus will be on experiences that are shaped through the overlap of music and movement. Both music and movement will be the means through which we will work, and also the ends that we will pursue. Two more means for reaching our aims might also be involved: experimenting with objects and the exploration of language/speech.

Activities will be based upon:

- Musical actions of active listening, performing and improvising/composing.
- Social interaction in many different ways and constellations, and through all the senses.
- Full-body movements that widen an individual's body awareness and movement repertoire.

### What do participants need to bring to the sessions?

Because we will move, please dress in comfortable clothes that allow full range of movements. Think about clothes that will work in warmer and cooler room temperatures.



### How can one learn more about this approach?

*Two books can be recommended.*

**Life is Movement is Music:** Education in Music and Movement at the University of Music and Performing Arts Vienna. Hauser-Dellefant, A. & Witoszynskyj, E. editors (Also published in German.) zeitpunkt music 2023  
**Learning Music with the whole body:** Eurythmics and Motor Development. Wedin, E. Gehrmans Musikforlag 2015 (Also published in Swedish.).



### Who will lead the sessions?

Hannes Taljaard and Aleksandr Okhotnikov are currently living in Vienna, Austria, where they are working and learning within the Viennese tradition of music and movement education, called 'Viennese Rhythmic'. They are exploring as artists, educators and curious learners the multifaceted relationships between music and movement in a variety of processes. They are both pianists with experience in piano improvisation within a variety of contexts.