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”