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## Improvisation in inclusive and therapeutic settings (workshop, Vienna 2021)

Translated by: Hannes Taljaard

### ***Low-threshold participation in artistic processes***

The focus of this workshop was intuitive participation in a musically demanding process for people with different preconditions. Using simple means, it was shown how music can be made together simultaneously in a way that is appealing to beginners and at the same time interesting and demanding for professionals.

Using one's own voice is well suited in situations where people with different preconditions are working out more complex things. Various musical parameters that are essential in an improvisation can be worked out intuitively through the use of the body, the hands and voices.

Accompanying video: We started with vocal improvisation in a vault of the mdw and this amplified the sounds due to the long reverberation. It also makes the participants sound more impressive and subjectively more beautiful. Through this activity an improvised and free approach to dynamics, metre, harmony, groove, language, breaks, scales, ostinati, etc. was playfully learned. While singing in a circle in one or more voices, the participants were actively listening and creatively implementing ideas (free from meter and in a meter) with the help of body percussion, and also in movement (while following a conductor and while conducting). They were singing and speaking, everything improvised, and in these different ways various aspects were addressed and then finally implemented in free improvisations on instruments. Several musical themes then emerged in improvisations, all together lasting about thirty minutes, which merged seamlessly and in which each person found their place and could also switch between instruments.

A presentation of the working method with the band *All Stars Inclusive*, in which mdw students play together with people with disabilities, as well as a joint reflection on experiences and learned rounded off the workshop. **All Stars Inclusive Band youtube-channel:** <https://www.youtube.com/@allstarsinclusive9857/videos>



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