

Musica do Circulo

The Music of the Circle

When the body becomes music
and rhythm becomes unity





What is Música do Circulo?

Música do Circulo is a way of connecting people through body music and collective improvisation. Through different games, our workshops explore musicality in a very fun way, and participants get in tune with each other through melodies, rhythms, laughter, and contact.

The music we can make with our bodies and voices, play, improvisation, movement, and contact are important elements of this technique, which seeks to bring music back to every human being and, through it, make us feel closer to one another.

We live in a world of communications, in which, at the same time, we are increasingly isolated and disconnected from one another. This has a severe effect on our moods, our health, and our perception of the world. The feeling of collectivity, of belonging, of feeling close to other human beings on a deep level is an important element of health, which improves our physical well-being and our quality of life.

That is why giving ourselves permission to play, laugh, and enjoy ourselves while exploring rhythms and melodies as a group is a way to improve our daily lives.

What these workshops offer you?

Fun

Vitality

Play

Rhythmic and melodic development

Belonging

Música do Circulo is an activity that helps us connect with others in a very profound way, because having fun, beating the same rhythm together, harmonizing our voices, looking into each other's eyes, and smiling when we feel the music vibrate makes us part of a unique moment, in which we understand that the world could be very different if we simply sang together as a means of socializing.



What do we do in our workshops...

In the Música do Circulo workshops, participants will be guided by the facilitator to explore different rhythms and melodies. Games, movement, and flow are elements in which participants will be involved, without even realizing how improvised music emerges from the group and from each of the participants. Thus, the music that emerges is the result of collective co-creation, guided and facilitated in a safe, inclusive, and non-judgmental environment.



Our workshops are based on what we called the eight elements of Música do Circulo: Circle, Improvisation, Body Music, Play, Movement, Contact, Nonverbal Communication and Flow.

The 8 elements of Música do Circulo

CIRCLE

The circle is the element that represents the vision and values that “Musica do Circulo” seeks to cultivate in the world, a place where everyone is seen and sees others, where no one is above or below, in which center each one adds their best and unique contribution, where music an relation allow us to become a “common-unity” without letting go of being who we are.



IMPROVISATION



In a “Musica do Circulo” session, the music is always created on the spot, but everything that happens in the gathering can also be improvised by following the flow of whatever the moment asks for, leading to unexpected and surprising moments.

Improvisation keeps us present, invites deep listening and is an inherently cooperative practice.

BODY MUSIC

The study of body Music integrating singing and body percussion in equal terms, is in the DNA of “Musica do Circulo”. It allows us to be ourselves the musical instrument, invites us to “become” sound with other people, engages our whole being (Physical -Emotional – Mental – Intuitional) and recognizes the unique musical resources that every human body has.



PLAY

The spirit of interactive and cooperative play is the essence of our circles. Musica do Circulo workshops are based on eight basic games that have infinite variations. They provide the musical and relational structure of “Musica do Circulo” experience and the founders of Musica do Circulo learned those games for Stênio Mendes, Fernando Barba and Bobby McFerrin.



MOVEMENT



Music and movement are intimately related and that's specially true with singing and body percussion. In our circles is common for spontaneous choreographies and free dancing to happen. We also explore movement around the space a lot and many different special formations that affects the acoustic and relational experience of the participants.



CONTACT

The contact element is very important in the beginning of our circles when integration and connection activities normally happen, creating an inclusive environment where people feels welcome to be who they are and open to the adventure ahead. It's also an intention that is present when we look each other in the eye, hold hands, high ten or dance together.

Fabio Brotto and the Pedagogy of Cooperation are our great inspiration regarding this element.

NONVERBAL COMMUNICATION



When making music we communicate nonverbally all the time. At “Musica do Circulo” we embrace that principle and avoid long and complex verbal explanations, going away from overthinking and creatively exploring other channels of communication and understanding more connected to the body and to intuition.

FLOW

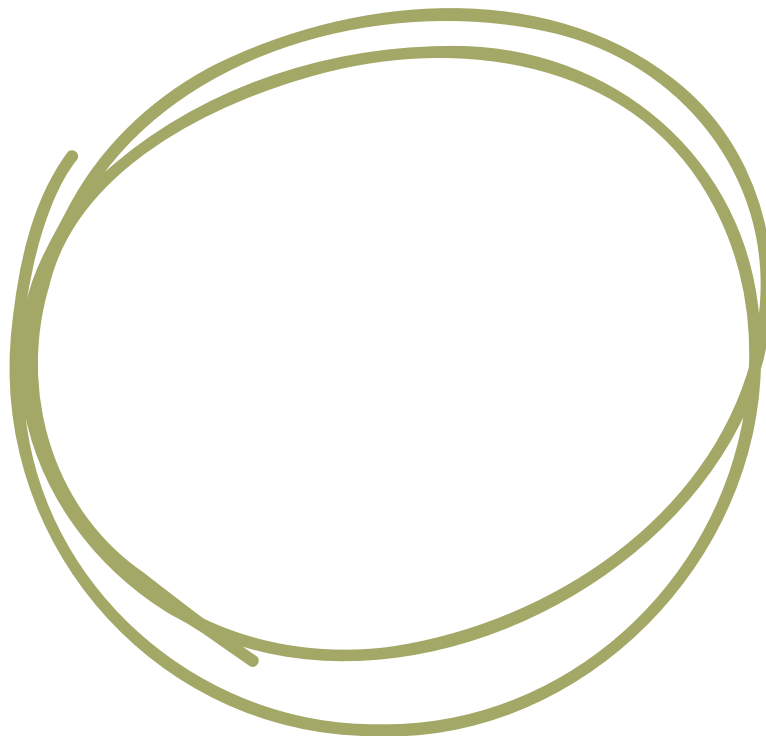
In “Musica do Circulo” we normally experience the different musical games and moments in a chain without interruptions. We call that a “flow” and it can last from a few minutes to a few hours. The flow has a life of its own, with the energy of each moment building up to the next, inviting more presence and openness, deeper listening and greater expressive freedom.



To whom...

This activity is open to anyone who wants to experience collective improvisation as a means of human connection. All ages, genders, professions, philosophies and nationalities are welcome.

No previous musical experience is necessary for these workshops. We start from the premise that every human being has musicality, a desire to play and share. Thus, the music that emerges in each workshop is the unique music of that circle, that moment, that instant in the universe. It is purely a musical experience that will never be repeated. The music of that circle.



Roots...

The Música do Circulo technique was created by Ronaldo Crispim, Zuza Gonzalves, and Pedro Consorte, founders of the Instituto Música do Circulo, in Brazil. It is based on Bobby McFerrin's Circle Songs techniques, the body music and improvisation games of Stêtenio Mendes, Fernando Barba and his group Barbatuques, the Pedagogies of Collaboration and the techniques of Nonviolent Communication.

In this way, musicality and human connection become a reality through play.

For more information about the Instituto Musica do Circulo, visit the website:

www.musicadocirculo.com



About me...



My name is Aida Domínguez, Spanish singer, therapist, and conscious dance facilitator. Art and healing are the two main pillars of my life.

I have taught conscious dance courses and worked with improvisational music for over 20 years, giving seminars, workshops, and concerts in different countries in Latin America and Europe. I lived for two years in Brazil, where I was nourished by Brazilian music and rhythms, and for five years in Finland, where I was nourished by their educational methods.

After finishing my education and training in the Música do Circulo Institute, I have come to understand that facilitating this musical experience and helping people discover their musicality and feel more connected to each other through music is one of my reasons for living.

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