Reviews

Happiness motion music (Glücks Bewegungsmusik)

CD 2 - Sea voyage

In search of simple movement elements for people with advanced dementia, I came across happiness movement music. As a northern light I chose CD 2 - a sea voyage.

The life and social counselor Ralf Glück has combined music, movement and accompanying texts as a musician and composer. Advised by a professional sports teacher for seniors, he has compiled movement units that stimulate mobility, coordination, strength and endurance to varying degrees. The song lyrics of the movement music contain the exercise instructions. In nine pieces different scenarios of a sea voyage and related movements are sung about. All movements can be performed while sitting.

The CD contains both a text and an instrumental version. The text and the corresponding exercises are well described in the manual. After first listening to the CD and trying out the movements, I can now use the CD without preparation time and the movements are well implemented by the participants. Some sing the lyrics after a short time.

There are some puzzles for breaks between the songs that are not suitable for my target audience. The topic of seafaring can be deepen well in between, for example. For example, by folding a paper ship or memories of your own boat trips.

With notes and copy templates of the texts, the accompanying book is very elaborately designed, which is certainly reflected in the price.

I like to use the music because the participants are able to implement the movement instructions well and the movements are arranged differently and from a physiological point of view.

The Glücks movement music consists of a hardcover folder with magnetic closure, a CD with 18 songs (sung and instrumental), a sports booklet, a 40-page book with exercise instructions, song lyrics, notes and discussion suggestions in the fixed ring binder DIN A4.

Christiane Beyer

Glücks Bewegungsmusik Seereise
Ralf Glück und Team
Preis: 49,90 €
www.gluecksmedien.de