

Music for Mentastics®

As a Trager Instructor, and before that as a dance teacher, I found it very useful to have music to support students in exploring movement. Music has been my most trusted assistant, energizing the room, filling it with a safe, camouflaging sound texture, keeping the class all focused on one idea and moving together. On rare occasions, I was able to have live musicians in the classroom to accompany our movement exercises. This was ideal, but impractical most of the time. So I have relied on the ever-growing, and easily available body of recorded music.

On the following pages are some of my favorite pieces. When choosing music for class, there are a few things that are important to me:

- **No words**, since the presence of words stimulates a different part of the brain than the part used for sensation, movement, feeling, rhythm, etc. Words tend to take us into thoughts rather than feelings, and may even dictate a particular meaning.
- An **obvious feeling quality and simple rhythmic structure** that the body can easily understand is better than complex or heady rhythms or tonalities. But I still look for a musical quality or orchestration that invites multiple ways of responding.
- I must explore my own movement to this music several times to understand in my own bodymind the **variety of responses** the music may evoke.
- I want it to support inner inquiry, movement exploration, body awareness, and eventually, the feeling state that Milton Trager called "Hook-up". So **enough length and repetitiveness** for participants to get deeply into the feeling is helpful.

Hope you have a great time exploring.

Roger Tolle

Music for Mentastics®

Artist **Gabrielle Roth**

Album **Luna**

Track # **2**

Track Length **6:36 min**

Track Title **Persephone's Song**

Rhythm/Tempo **Slow 3/4**

Orchestration/Instrumentation **Percussion, Violin, Viola**

Musical Qualities **Laid back, smooth, heavy bass, drifting melodies**

Movement Qualities **Weighted, swinging, sinking, oozing, fluid, full bodied**

Lesson Goals/Intentions **Warming up slowly; Going deeper within; Expanding repertoire of locomotion**

Music for Mentastics®

Artist **Gabrielle Roth**

Album **Ritual**

Track # **4**

Track Length **7:25 min**

Track Title **Prairie Ruins**

Rhythm/Tempo **Very Slow 4/4**

Orchestration/Instrumentation **Percussion, Voice**

Musical Qualities **Deep, Powerful, Tribal**

Movement Qualities **Gutsy, big, weighted**

Lesson Goals/Intentions **Taking up more space; Moving with more weight; Being Big; Locomotion; Power in the Voice**

Music for Mentastics®

Artist **David Darling**

Album **Eight String Religion**

Track # **1**

Track Length **5:23 min**

Track Title **Soft Light**

Rhythm/Tempo **Slow and Fluid**

Orchestration/Instrumentation **Piano, Cello**

Musical Qualities **Lyrical, Wandering, Wondering, Easy going**

Movement Qualities **Hanging out, exploring, questioning, settling in,**

Lesson Goals/Intentions **Transition from social awareness to inner awareness; Arriving in Sensation; Minding the simple, ordinary movements;**

Music for Mentastics®

Artist **Steve Roach**

Album **Dreamtime Return**

Track # **1**

Track Length **7:10 min**

Track Title **Dreamtime Return**

Rhythm/Tempo **Quick 4/4**

Orchestration/Instrumentation **Synthesizer, Percussion**

Musical Qualities **Quickening and soaring**

Movement Qualities **Bubbling, flowing, stretching, investigating**

Lesson Goals/Intentions **Intro to body directed inquiry; Finding possibilities; Diving in to sensation;**

Music for Mentastics®

Artist **Gabrielle Roth**

Album **Initiation**

Track # **6**

Track Length **15:31 min**

Track Title **Body Jazz**

Rhythm/Tempo **Steady 4/4**

Orchestration/Instrumentation **Percussion, Voice, Flute**

Musical Qualities **Mysterious, Tribal, Repetitive**

Movement Qualities **Rhythmic, bounce, swing, rock**

Lesson Goals/Intentions **Exploring body's relationship to rhythm; what movement does my body want? Movement transitions; broadening body expression;**

Music for Mentastics®

Artist **Tigger Benford**

Album **Noise of Choice**

Track # **1**

Track Length **6:50 min**

Track Title **The Blue Cruise**

Rhythm/Tempo **Quick 4/4 walking tempo**

Orchestration/Instrumentation **Marimba**

Musical Qualities **Light, repetitive, bubbly**

Movement Qualities **Shaking, Shimmering, Wobbling,
Loosening up**

Lesson Goals/Intentions **Lightness in walking; Coming gently
out of quiet; Awakenning life energy;**

Music for Mentastics®

Artist **Tigger Benford**

Album **Noise of Choice**

Track # **6**

Track Length **4:36 min**

Track Title **Crazy Eight**

Rhythm/Tempo **Fast 7/8**

Orchestration/Instrumentation **Percussion, voice**

Musical Qualities **Energetic, repetitive, spoken and clapped**

Movement Qualities **Shaking, Vibrating, Bouncing, Energizing**

Lesson Goals/Intentions **Awakening life energy; Shaking off tension; Enlivening**

Music for Mentastics®

Artist **Dana Cunningham**

Album **Dancing at the Gate**

Track # **4**

Track Length **2:52 min**

Track Title **Welcome to the World**

Rhythm/Tempo **Very Slow 4/4**

Orchestration/Instrumentation **Piano**

Musical Qualities **Melodic, ebb and flow**

Movement Qualities **Soft, easy, contemplative**

Lesson Goals/Intentions **Arriving; Softening into Presence;**

Music for Mentastics®

Artist **Raphael**

Album **Music to Disappear In II**

Track # **2**

Track Length **9:16 min**

Track Title **Healing Dance**

Rhythm/Tempo **Slow 2/4**

Orchestration/Instrumentation **Violin, Piano, Percussion**

Musical Qualities **Plaintive, Lush, Passionate, Sustained**

Movement Qualities **Fluid, Heart-full, Elegant, Caressing**

Lesson Goals/Intentions **Opening to the Heart's Desire;
Soothing the edges; Expanding expressiveness; Sculpting
for self-care; Elegant arms;**

Music for Mentastics®

Artist **Scott Fitzgerald**

Album **All One Tribe**

Track # **1**

Track Length **4:47 min**

Track Title **Dawn Dance**

Rhythm/Tempo **Lively 4/4**

Orchestration/Instrumentation **Percussion, keyboard, clapping, panflutes**

Musical Qualities **Bouncy, happy, strong down beat**

Movement Qualities **Wild dancing, joyous, loose limbs, interactive**

Lesson Goals/Intentions **Celebration; Expanding expressiveness; Connecting with the community;**

Music for Mentastics®

Artist **Brent Lewis**

Album **Pulse**

Track # **2**

Track Length **4:56 min**

Track Title **Drums on the Nile**

Rhythm/Tempo **Lively 4/4**

Orchestration/Instrumentation **Percussion, violin**

Musical Qualities **Bouncy, flowing, middle-eastern**

Movement Qualities **Wild dancing, sinuous, snaky, circular, interactive**

Lesson Goals/Intentions **Expanding expressiveness; Connecting with others in movement; Exploring smooth, circular movement in the joints;**

Music for Mentastics®

Artist **Coyote Oldman**

Album **In Medicine River**

Track # **1**

Track Length **5:58 min**

Track Title **Dawn Procession**

Rhythm/Tempo **Slow 4/4**

Orchestration/Instrumentation **Percussion, flutes**

Musical Qualities **Sparse, repetitive, ritual**

Movement Qualities **Solitary, simple, curious, task-oriented**

Lesson Goals/Intentions **Entering the space; Entering the body landscape; beginning a sacred process;**

Music for Mentastics®

Artist **Aeolia**

Album **Angel Love**

Track # **1**

Track Length **23:44 min**

Track Title **Devotion**

Rhythm/Tempo **Spacious, non-rhythmic**

Orchestration/Instrumentation **Synthesizer**

Musical Qualities **Lush, evolving chords**

Movement Qualities **Slow motion, elastic, expansive,
hovering near stillness**

Lesson Goals/Intentions **Deep inner listening to details of
sensation; hovering the body weight; safe, continuous,
stretching, suspending and taking out the slack; Practicing
holding space for a partner with a loving gaze;**

Music for Mentastics®

Artist **Brent Lewis**

Album **Earth Tribe Rhythms**

Track # **2**

Track Length **5:06 min**

Track Title **Ode to Buckwheat**

Rhythm/Tempo **Lively 6/8**

Orchestration/Instrumentation **Percussion**

Musical Qualities **Bouncy, quirky, happy**

Movement Qualities **Wild dancing, loose limbed, interactive**

Lesson Goals/Intentions **Expanding expressiveness; Building energy; Connecting with others in movement;**

Music for Mentastics®

Artist **Brent Lewis**

Album **Earth Tribe Rhythms**

Track # **6**

Track Length **4:12 min**

Track Title **Caribbean Sea**

Rhythm/Tempo **Lively 4/4**

Orchestration/Instrumentation **Percussion**

Musical Qualities **Bouncy, quirky, happy**

Movement Qualities **Wild dancing, loose limbed, interactive**

Lesson Goals/Intentions **Expanding expressiveness;
Connecting with others in movement; Exploring bones as
drum sticks playing inside the body;**

Music for Mentastics®

Artist **Gary Green**

Album **Surrounded**

Track # **1**

Track Length **2:09 min**

Track Title **Cat and Mockingbird**

Rhythm/Tempo **Steady, strong 4/4**

Orchestration/Instrumentation **Harmonica, Guitar, Percussion**

Musical Qualities **Raunchy, quirky, happy**

Movement Qualities **Strutting, swaggering, celebratory**

Lesson Goals/Intentions **Expanding inner feeling and outer expressiveness; Celebrating a completion;**

Music for Mentastics®

Artist **Baka Beyond**

Album **Baka Beyond**

Track # **2**

Track Length **6:08 min**

Track Title **The Man Who Danced Too Slow**

Rhythm/Tempo **Lively 8/8**

Orchestration/Instrumentation **Percussion, voices, violin**

Musical Qualities **Bouncy, repetitive, happy, thickly layered**

Movement Qualities **Light, quick, joyous, interactive**

Lesson Goals/Intentions **Building energy and quickness;
Dancing into body parts; Connecting with others in
movement;**

Music for Mentastics®

Artist **Sheila Chandra**

Album **Roots and Wings**

Track # **1**

Track Length **4:40 min**

Track Title **One**

Rhythm/Tempo **Even 4/4**

Orchestration/Instrumentation **Voices layered, synthesizer**

Musical Qualities **Light, airy, elegant**

Movement Qualities **Open, easy, floating, delicate**

Lesson Goals/Intentions **Transition from tablework to walking; Flowing with resonant sensations after vigorous movement;**

Music for Mentastics®

Artist **Rodolfe Raffalli**

Album **Gypsy Swing Guitar**

Track # **2**

Track Length **4:23 min**

Track Title **Alfonsina y el mar**

Rhythm/Tempo **Latin 4/4**

Orchestration/Instrumentation **Violin, Guitar**

Musical Qualities **Light, passionate, elegant, expressive**

Movement Qualities **Open, sensuous, fluid, dynamic**

Lesson Goals/Intentions **Expressing inner passion and sensuality; Fluid spine;**

Music for Mentastics®

Artist **Govi**

Album **Sky High**

Track # **1**

Track Length **7:00 min**

Track Title **Dance with Me**

Rhythm/Tempo **Easy 4/4**

Orchestration/Instrumentation **Guitars, Percussion**

Musical Qualities **Light, floating, casual, dancing**

Movement Qualities **Open, light-hearted, twirling, social**

Lesson Goals/Intentions **Transition from talking into movement; connecting and disconnecting; sharing easy sweetness;**

Music for Mentastics®

Artist **Michael Vetter**

Album **Overtones**

Track # **1**

Track Length **45:21 min**

Track Title **Tambura Meditation**

Rhythm/Tempo **Quick fluid 4/8**

Orchestration/Instrumentation **Tambura**

Musical Qualities **Hypnotic, repetitive, smooth, continuous**

Movement Qualities **Slow, internally focused fluid motion, meditative**

Lesson Goals/Intentions **Head/tail connection; Fluid spine; Stillness in movement;**

Music for Mentastics®

Artist **Raphael**

Album **Music to Disappear In**

Track # **1**

Track Length **8:49 min**

Track Title **Disappearing into You**

Rhythm/Tempo **Slow 4/4**

Orchestration/Instrumentation **Piano, Strings, Synthesizer**

Musical Qualities **Lush, emotional, smooth, continuous**

Movement Qualities **Slow, expansive, evocative and fluid arm and torso motion,**

Lesson Goals/Intentions **Arms connecting out and with others; Fluid spine; Suspended weight; Floating in Hook-up**