

## RHYTHM

When perceived and produced in its temporal dimension, rhythm is the central ingredient of the BaRR.

It is, of course, musical but also gestural or articulatory and, being rooted in human experience, is also first and foremost concerned with research, mastery and understanding.

# R

### ARTS

The BaRR is primarily a Bachelor's degree in art.

By refining all the creative approaches that find their source in rhythmic material, the course promotes the art of inventing, articulating, expressing and sharing emotions as well as bringing new experiences and well-being to others.

# H

### CULTURES

The BaRR views rhythm from a multi-centred perspective. It is based as much on the European tradition as on the vast heritage of non-European cultures (Africa, India...). The aim is here to broaden the rhythmic field, examining its functions, effects and workings in the great cultures of humanity through assimilative experimentation.

# Y

### BODY

The experience of the body with its movements and its sensations is central to the BaRR. Rhythm acquires meaning by reconnecting tactile, kinesthetic and emotional body-consciousness to its phenomenal manifestation. It is seen here as inseparable from bodily experience – it stems from the body and requires the body to be understood.

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### RESEARCH

An ongoing dialogue with neuroscience, psychology, musicology and movement-sciences is maintained throughout the BaRR. The teachings tap into the most recent research in these fields in a permanent process of updating knowledge and its applications.

# H

### EDUCATION

Within the framework of the BaRR, rhythmic practice and experience stand out as key tools for education and development. They enable human beings to discover and structure their own individuality while awakening every person to the relationships with others, groups and communities.

# M

### HEALTH

In a world where people are largely affected by stress and various ailments, the BaRR harnesses the stimulating, balancing and relaxing functions of human rhythm. It intends to encourage these various beneficial applications by emphasising how simple, available and effective rhythm is as a facilitating tool.