



EVE KODIAK

Creating change

By JANE EKLUND
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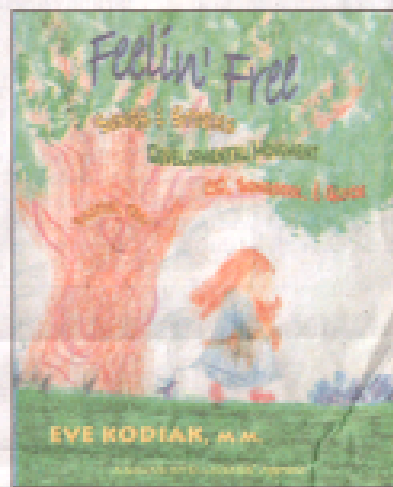
Eve Kodiak is all about movement. And she's all about music. So it's no surprise her work fuses movement and music in ways that help children and adults become, well, whatever it is they're all about.

An education kinesiologist (kinesiology's focus is the anatomy, physiology, and mechanics of body movement), Kodiak works with private clients and with groups of children in school settings, does teacher training and workshops for adults, and has produced two song-book/CD combos that pair music and movement and are designed primarily for children.

The most recent, "Feelin' Free," is just out; Kodiak will have a CD release party

- **Who:** Eve Kodiak
- **What:** Concert and CD release party
- **When:** Sunday, Dec. 4, 2 p.m.
- **Where:** Mariposa Museum, Peterborough
- **Cost:** \$3/children; \$5/adults
- **Information:** 924-4333.

Sunday at 2 p.m. at the Mariposa Museum in Peterborough. She'll perform some of the songs and stories, offer a chance for people to move around, answer questions and autograph the song-book and guide. The performance is billed as "for all ages, most fun for kindergarten through third grade." **►** Turn to KODIAK.....Page 22



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seum admission is \$5 for adults and \$3 for children.

The day before, Kodiak will be on hand at the Pine Hill Fair, Pine Hill Waldorf School in Wilton, from 10 to 11 a.m. playing and singing songs from "Feelin' Free." She made the CD so that parents and teachers will have a tool to use that requires them only to pop the music into a CD player. Adults who are dealing with kids, especially special needs kids, tend to be overloaded with information and tasks to do, she notes.

Both songbooks are designed using Sound Intelligence, an approach Kodiak formulated that combines developmental movements with music.

Developmental movement, she writes on her webpage, "is rooted in instinctual, universal patterns necessary for new neural growth. By moving through these primal patterns, we can transform many situations: the baby who won't sleep, the child who can't read, the pianist with tendonitis. From performance anxiety to "stuck" relationships, from clumsiness to confusion, anger, and grief, Developmental Movement can reroute neural pathways and create real and lasting change."

Music, she writes, "helps us to move in flow, to remember information, to express and release emotion. Current research in physics suggests that molecules are 99.9999% "empty" space. Like music, we are "made" of movement — of organized patterns of vibration. Music reminds us of who we are."

The movements that accompany the songs are based on Brain Gym, a program developed by educators Paul and Gail Dennison

that uses a set of physical movements to develop neural pathways. The Dennisons, who also developed the field of education kinesiology, were initially seeking ways to help children and adults who were labeled "learning disabled."

A licensed Brain Gym instructor, Kodiak calls education kinesiology "a phenomenal modality that really has changed my life." She adds, "It's a process of engaging the will so change can happen."

Kodiak arrived at her current work via a winding path. "I've always played the piano, and I've always sung," she says. At 16, she won a contest that earned her the chance to play with the Chicago Symphony. But she loved writing, too, and majored in English at Harvard. "I got into music again kind of through the back door," she says. She earned a piano performance degree from the New England Conservatory. Later, she took a class in Dalcroze Eurhythmics, which approaches music learning via rhythmic movement, aural training, and improvisation, at the Longy School of Music. There, she learned to improvise — a skill not taught in her classical music courses. "We just had a blast," she says. "It was the most fun." She used what she'd learned in teaching piano lessons.

From there she studied human development at the Harvard Graduate School of Education. Then, she and her now-husband, Gene Faxon, moved to Silver City, New Mexico, where they bought an old church and started an arts center there.

They put on plays and operas, with Kodiak arranging the music, as well as a Renaissance Fair and shows they called "Wassails."

After they moved back East and had a son, Daniel, Kodiak returned to piano teaching, but wanted to focus on young children. She devised her own method of teaching that she calls Ear-touch, which doesn't require children to learn to read music too soon, which she compares to learning to read in a new language at the same time as learning the language itself.

She found her young students needed more than just piano lessons, and she soon found herself incorporating other things into the sessions to address their various needs. That led her to Education Kinesiology. In the late 1990s, she added another skill — craniosacral therapy, an alternative healing practice that involves putting very gentle pressure on the skull.

She focused on movement for a while, and quit piano teaching for a couple of years — as well as performing. She was working at Pine Hill Waldorf School at the time, when she was asked to take part in a faculty recital. She agreed, then panicked. Performing could be stressful. After a rehearsal that she considered a disaster, she went home and spent several hours using Brain Gym techniques to work through, or "balance," the emotional aspects of her performance anxiety and to re-pattern the sections of the music that were giving her trouble.

When the recital came, she remembers, "I couldn't make a mistake."

That got her back into music, and into putting music into kinesiology. Adding music increased the effectiveness of the movements, she noticed.

She's also noticed a connection between music and learning. "Musical training is really important to all forms of cognition," she says, "especially reading."

She uses Brain Gym, Sound Intelligence, craniosacral therapy and other methods to, as she writes on her web page, transform habits, release the pain of body and mind, address learning differences, improve vision, hearing, and coordination, clarify decisions and enhance performance.

For more information about Kodiak and her songbooks/CDs, visit her website at www.evekodiak.com.