

Dalcroze Eurhythmics Seminar 2026

Let's explore one topic in depth.

This year, we welcome two distinguished instructors:

Ms. Shizuka Sagawa, a rising talent known for her work in eurhythmics for active seniors, and **Ms. Chisa Umasugi**, widely recognized for her contributions to eurhythmics in the field of developmental support for children.

In addition to their areas of expertise, each class will take a comprehensive holistic approach on a single topic that transcends the boundaries of the three core Dalcroze subjects.

We are confident that you will be inspired and gain fresh perspective.

Chief Instructor: Toru Sakai

Teachers	Chisa Umasugi(Special Invitation) Shizuka Sagawa(Special Invitation) Toru Sakai Hiroko Araki
Schedule	2026.3.30(Monday)-2026.3.31(Tuesday)
Venue	#B1 Sky Oasis Sakae 2-9 Shinsakaemachi Naka-ku, Nagoya-shi, Aichi-ken 460-0004 Japan
Contact	Mail: info@nsmusic.jp
Location	Nagoya School of Music

Teacher Profiles

Chisa Umasugi

Graduated from Kunitachi College of Music and obtained the *Dalcroze License* at the **Institut Jaques-Dalcroze** in Geneva.

Associate Professor at Hijiyama University Junior College, Department of Early Childhood Education.

Lecturer at the Japan Association for Medical Welfare Communication and eurhythmics instructor for children with developmental support needs.

Board member of the Jaques-Dalcroze Society of Japan and the Hiroshima Branch of the All Japan Eurhythmics and Music Education Association.

Shizuka Sagawa

Graduated from the Department of Music Education, Kunitachi College of Music.

Obtained a Bachelor's degree in *Music and Movement* and a Master's degree in *Jaques-Dalcroze Eurhythmics* from the Haute École de Musique de Genève.

Registered Dalcroze License instructor and lecturer in the *Dalcroze Eurhythmics Instructor Training Program for Active Seniors*.

Toru Sakai

Graduated from Kunitachi College of Music. Holds the Dalcroze License (USA) and the Diploma from the Institut Jaques-Dalcroze in Geneva.

Currently serves as Chair of the Licensing Committee of the Jaques-Dalcroze Society of Japan and as a member of the Dalcroze Collège (Supreme Council).

Author of *“Here, Music Class for the Heart”* and *“The Dalcroze Method.”*

Hiroko Araki

Graduated from Kyoto City University of Arts, Faculty of Music, Vocal Music Course. Completed the Graduate Program in Professional Practice in Education at Kyoto University of Education. Holds the Dalcroze License.

Currently serves as a lecturer at Nagoya School of Music, a full-time researcher at the Kyoto City University of Arts Music Education Research Group’s Kyoto Children’s Music Class, and a part-time lecturer at Kyoto University of Education.

Also serves as Executive Secretary of the License Committee of the Jaques-Dalcroze Society of Japan.

Seminar Fees Before December 31st

(All prices include tax) • Full 2-day participation: ¥38,000 (¥35,000 per person for pair registration)

After January 7th

• Full 2-day participation: ¥40,000 (¥37,000 per person for pair registration)

Registration



Interpretation will be provided only for participants attending the full two days of Course A.

***Workshops available for participants requesting interpretation are limited to the following:**

March 30 (Mon): Workshop ① Eurhythmics for Active Seniors (Sagawa)

March 31 (Tue): Workshop ④ Eurhythmics and Developmental Support (Umasugi)

Registration March 16th

Deadline Please register through the EventPay form and complete payment by credit card.

Course Levels A People who have more experience of Dalcroze

Interpretation will be provided only for participants attending the full two days of Course A.

B People who have less experience of Dalcroze and Beginners

Target Rhythmics instructors, those interested in Dalcroze Eurhythmics, musicians, music teachers,

Participants kindergarten teachers, and childcare professionals.

Two-Day Program Schedule (Interpretation will be provided only for the colored classes.)

		Course A (capacity:20 people)		Course B (capacity:20 people)	
Date and time		Course name	Course content	Course name	Course content
3/30 (Mon)	9:00-9:30	Check-in			
	9:30-10:00	Orientation			
	10:00-12:00	Rest (Sagawa)	Through movement and music exercises, explore the expressive power of silence and discover why rests are essential in music.	Beat (Umasugi)	Analyze and experience the beat from various perspectives, deepening your awareness of rhythm in performance.
	13:30-15:30	Changing meters and unequal beat (Sakai)	Experience and feel how changes in beat can transform musical flow and energy, and expressivity.	Phrase (Araki)	Experience and discover how combinations and contrasts of smaller phrases can lead to musical expression and storytelling.
	15:45-17:15	Workshop 1: Eurhythmics for Active Older Adults (Sagawa)	First watch some videos of a lesson, then experience them through hands-on exercises. Learn how to construct a lesson.	Workshop 2: Early childhood education and Eurhythmics (Araki)	Incorporate the perspectives of early childhood education into eurhythmics activities with young children and explore how teachers can support children's autonomy and expression.

		Course A (capacity:20 people)		Course B (capacity:20 people)	
Date and time		Course name	Course content	Course name	Course content
3/31 (Tue)	9:00-9:30	Check-in			
	9:30-11:30	Complementary Rhythm (Araki)	Explore the role and effect of complementary rhythms through movement and group discussion.	Feeling and expressing sound (Sakai)	Experience how sound can be felt, perceived, and expressed through the body.
	13:00-15:00	Phrase (Umasugi)	Express beginnings and endings through the body to develop a better sense of phrasing.	Interval (Sagawa)	Delve into the fascination world of intervals. Through musical works of Dalcroze, experience sounds and their distance through the body.
	15:15-16:45	Workshop 3: Methodology: The Aspect of Human Education (Sakai)	From the perspective of human education, let's analyze the Dalcroze method through specific exercises and study what it aims to achieve.	Workshop 4: Eurhythmics and Developmental Support (Umasugi)	Let's explore rhythm from the perspectives of sensory integration, brain and hormonal behavior, and developmental psychology, and connect these insights to supporting children's development.