

# The Arts and Special Education

## Movement for Choreography, Performance and Therapeutic Benefits by Vincent Yong

*The Arts and Special Education* is a series of forums that aim to discuss and investigate teaching methods and strategies in Arts Special Education including but not limited to special needs and the gifted.



If breath is essence of life, then movement is sine qua non of consciousness. Movement helps us to learn about the world and, of course, ourselves. Through the interaction and integration of our senses and environment we build upon our multiple intelligence (Gardner, 1983). We then build upon that wisdom through the knowledge embodied.

We embody the sum total of our experiences. It is because of that, we can be either liberated or limited in our sensory perception as well as response and vice versa. It is thus vital for movement applied in dance, Somatics, performance and education or, in fact, anywhere in life, to be understood and expanded for purposes of learning, growth and healing.

Dissecting the work in 8<sup>th</sup> ASEAN Para Games, Vincent shares his integration of science in arts and the methodology of teaching special needs children to perform, enjoy and live the life in the "now".

**Biography:** **Vincent Yong** is an award-winning dance artist and educator. He is also Singapore's first Certified Movement Analyst (CMA) accredited by Laban/Bartenieff Institute of Movement Studies (LIMS) and an internationally Registered Somatic Movement Educator and Therapist (RSME&T). In New York, Vincent served as teaching assistant at LIMS and deepened his training in Somatics

with renowned teacher, Dr Martha Eddy. He also trained in modalities such as Body-Mind Dancing® and Moving For Life™ Dance Exercise for Life. A dance/somatic movement therapist at Jacobi Hospital Oncology and EmblemHealth, Vincent's writing is published in Dr Eddy's *Mindful Movement – The Evolution of the Somatic Arts and Conscious Action*.

With over 17 years of international experience in performance, creation, education, motivation and fitness training, Vincent engages in a cross-disciplinary approach when it comes to teaching movement and dance in arts education and choreography. A recent work includes *Movement 5* of the 8<sup>th</sup> ASEAN Para Games where he choreographed and trained special needs performers from various schools.

**Date:** Saturday 20 Jan, 2018

**Time:** 2:00 pm — 4:00 pm

**Venue:** Library @ Esplanade,  
Open Stage, 8 Raffles Avenue,  
#03-01, S039802

**Please register at:**

<http://bit.ly/2BngV7U>

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