



**Marcello Napoli** Bachelor of Music Graduate Diploma Orff-Schulwerk

Marcello Napoli has been studying and researching the connections between music and neuroscience for over 20 years.

Starting from the analysis of different methodologies (Orff-Schulwerk, Dalcroze and Gordon) and Collaborating with a team of neurophysiologists, children psychologists and speech therapists; Marcello developed a methodology which uses the strongest discoveries made, merges and integrates these with the best of each method studied in the past .

Mr Napoli has extensive experience in teaching classes for children aged 4-13. He is often called to take SMS methodology teachers training classes in several primary and intermediate schools.

- In the January 2016 he give two workshops in Japan (Osaka and Tokyo) and China (Tangshham) where he tutored around hundred Disable Therapists (Autistic and ACHD behavior).
- Body Percussion teacher at Parkside School in Pukekohe.
- Body Percussion Therapist at Selwyn Village.
- Mr. Napoli is Music Director of the St. Heliers Music Centre were he teaches Violin and Piano.
- Violin Teacher at Cathedral Music School.
- Violin Player with Manukau Symphony Orchestra.
- Violin Player with Wairua Sinfonietta.

**These classes are available for any kinds of group:**

- Children
- Adults
- Older adults
- Any kind of disabilities

**Benefits of Body Percussion:**

- Enhances gross and fine motor skills.
- Enhances body and brain physical balance.
- Enhances coordination of feet, hands and voice.
- Awakens vocal percussion as an expression of inner sound and rhythms.
- Nurtures a sense of joy by making music within a group.
- Reduces stress, boosts the immune system, increases creativity.
- Delays or reverses memory loss.



# BODY PERCUSSION COURSE

**Fun and...  
Connection between  
Brain, Music & Movement**



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# How Movement & Music Benefits the Brain

Exercise creates the optimal environment for neural plasticity, the ability of the brain to change.

**Neuroplasticity is the ability of the nervous system to change in response to internal stimuli or internal to itself.**

Another wonderful thing happens with movement. The brain produces a neuro-chemical called endorphins. This chemical causes a feeling of energy and makes the brain more conducive to learning. Movement and rhythm stimulate the frontal lobes, important in language development.

A specific type of movement, cross lateral, is necessary for the brain to be ready to learn to read. This type of movement can be done while dancing or moving to other activities to accompanied music or by tapping rhythm sticks and using different tapping patterns.

**We become, neurologically, what we think.**

The types of memories that are activated are different: short term memory, long term memory, kinesthetic memory, procedural memory, auditory memory, sequential access memory, direct access memory, synesthetic memory, spacial memory, visual memory and perspective memory. All these different types of memory contribute to create a deep and powerful sensory synergy.

The considerable and essential involvement of the auditory organ will allow the person doing the activity to remember patterns of any kind. But the most interesting aspect will be the implication of the Vestibular system. This latter is assigned to the direct control of left and right crisscrosses thus involving the balance management system of the ear.

The main characteristic of the Body Percussion Method is the constant beating of the person's body. From a neuronal transmission viewpoint it is interesting to know that the body impact will start the functioning of the Pacini corpuscle (sensory receptor, whose role is to transmit vibration and pressure stimuli to the brain 250-300 Hz). From a learning viewpoint this means that the information will not necessarily be filtered by a cognitive system and will arrive to the brain in a direct and clear way.



*Marcello Tutoring for DT Association of Japan*

## Points of view of Anthropology of Mind about the Body Percussion Care Method

- The mind relationship with the human body is so intimate that in the current neuroscience research we can read the “mind-body” term without the hyphen between the two words.
- On the basis of Giacomo Rizzolatti’s research, we know that the language is born by the movements of the upper and lower limbs, because the human mind develops itself, trying to make sense of what it discovers and explores. The act of beating, both to the objects and to itself, in addition with the rhythm keeping, stimulates our memory storage, with strong and weak accents, even with lip movements and vocal sounds.
- Having positive emotions with the music, moving their own body or performing body percussion, to extend our level of motivation, especially when people are listening to music through headphones, without performing movements.
- The body percussion promotes the regression to childish movements, too. Especially when we started testing the possible games to play in a group, with our own bodies.
- When the music is able to evoke positive emotions, the sensorimotor cortex is activated, because the positive emotion - coming from music - turns naturally to moving. For this reason, the body percussion facilitates a greater brain synergy, between the positive experience and the emotional movements.

# BODY PERCUSSION CLASS

## Marcello Napoli's Team

**Alessandro Bertorotti**

General Psychology Adjunct Professor  
Department of Architecture University of Genoa

**Mario Ferreri**

Doctor, Anesthetist and Researcher in Neurology

**Daniela Voto**

Musician, Researcher and co-founder of  
S.M.S Methodology

**For Body Percussion classes,  
times and locations please contact:**

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*China Workshop for Therapist*