

White is Free
Blue is rest of All

3 months - 18 months

<u>Age</u>	<u>Exercise #</u>	<u>Heading</u>	<u>Group/Individual</u>	<u>Exercise Type</u>	<u>Exercise Title</u>	<u>Variations</u>	<u>Charts, Graphics, and Music Included</u>
<u>TRACK 2 - INSTRUMENTS</u>							
3-18	1	T2-1A	Crystal Bowls	I	Listening	Listening to the Crystal Bowl	Tapping
3-18	2	T2-1B	Crystal Bowls	I	Listening	Listening to the Crystal Bowls	Ringing
<u>TRACK 3 - MUSIC</u>							
3-18	1	T3-1	Musical Perspectives	G/I	Listening	CD Listening	Music Downloads
<u>TRACK 5 - EMOTIONAL EXPRESSION</u>							
3-18	1	T5-1	Voice Expression	Group	Guide Warmup	The Voice In the Body	
3-18	2	T5-2	Voice Expression	G/I	Listening	Toning Long Vowel Sounds	Toning Long Vowels Low and High
3-18	3	T5-3A	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	
3-18	4	T5-3B	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	Alternating Pitches for Each Vowel
3-18	5	T5-3C	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	Single Vowel Frequency Sweep
3-18	6	T5-3D	Voice Expression	G/I	Listening	Toning Long Vowel Sounds at Different Pitches	Single Vowel Frequency and Arm Sweep
3-18	7	T5-4	Voice Expression	G/I	Listening	All Vowel Sweep	
3-18	8	T5-5A	Voice Expression	G/I	Listening	Mirroring Sounds and Energy	Mirroring Sounds
3-18	9	T5-5B	Voice Expression	G/I	Listening	Mirroring Sounds and Energy	Mirroring Emotions
3-18	10	T5-5C	Voice Expression	G/I	Listening	Mirroring Sounds and Energy	Mirroring Movement and Rhythm
3-18	11	T5-6A	Voice Expression	G/I	Listening	Sound Hug	
3-18	12	T5-6B	Voice Expression	G/I	Listening	Sound Hug	Matching Energy with Sound
3-18	13	T5-6C	Voice Expression	G/I	Listening	Sound Hug	Transforming Sound Hug
3-18	14	T5-7A	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	4 Beat Rhythm
3-18	15	T5-7B	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Vowel Rhythms with Tapping on the Body
3-18	16	T5-7C	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Alternating Long and Short Vowel Rhythms
3-18	17	T5-7D	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Consonant Rhythms
3-18	18	T5-7E	Voice Expression	G/I	Listening	Steady Beat Vocal Rhythms	Consonant Rhythms with Tapping on the Body