



What Every Musician Needs to Know About the Body: The Application of Body Mapping to Making Music

Barbara Conable, Benjamin Conable

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What Every Musician Needs to Know About the Body: The Application of Body Mapping to Making Music Barbara Conable, Benjamin Conable

The practical application of Body Mapping and the Alexander Technique to making music. Body Mapping is the study of how our concepts of our bodies affect our experience and movement. The Alexander Technique is a method for improving freedom and ease of movement and physical coordination. This book is a graphic presentation of ideas drawn from these two disciplines that is of great benefit to music students and teachers and others.

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