

SPRING 2012

MUSIC & HEALTH - NEW SERIES! (ADULTS)



GROUP CLASSES: 15 weeks beginning Wednesday, 2-3-12 through Sunday 6-10-12

Alexander Technique (for Musicians)

Well-known as a practical technique for improving ease and freedom of movement, balance, support and coordination, the Alexander Technique has been widely taught and applied in music performances. It is a practical method to help musicians improve the quality of their physical movements that involved in playing an instrument or singing, and consequently, to improve the quality of music making.

From this class, students will learn to develop effective movement and posture patterns that will allow them to perform with less stress and likelihood of injury. By practicing the Alexander Technique, for instance, a violinist will learn how to posture his/her shoulder and arms more effectively to make pleasing sound; a singer will learn how to control his/her neck and jaw to make the voice resonant; a pianist will learn to develop speed, tone and phrasing by releasing the tension in his/her body. The Alexander Technique has been endorsed by numerous renowned musicians and prestigious performing arts institutions. Pyeng Threadgill is an AmSAT certified teacher of the Alexander Technique, professional vocalist, recording artist and faculty member at BCM.

Tuesday, 1-2pm - Pyeng Threadgill

By semester: \$325 - Drop-in: \$25 - limited availability!

The Feldenkrais Method

Awareness Through Movement® Weekly Classes in the Feldenkrais Method For Musicians

Learn to change the habits of movement that are limiting your musicianship or are causing you pain by changing your awareness! Feldenkrais classes, called "Awareness Through Movement"® or ATM, bring your attention to how you habitually use your body in order to find new options for posture and movement. Many who try their first class are surprised to find that the subtle movements taught in class result in feeling more grounded, flexible and balanced after the very first session. The class is not just about movement, at its heart is a unique approach to learning which will help you practice more efficiently, and find a new spontaneity in musical performance. Open to everyone, appropriate for seniors, and highly recommended for those dealing with chronic pain or recovering from an injury.

- Find new ease and comfort at your instrument
- Improve and deepen breathing and enhance your tone
- Free up areas where you feel blocked physically and musically
- Address or avoid repetitive strain injuries, TMJ, back pain and others

Dan Rindler is a Guild Certified Feldenkrais Practitioner with a private practice in Park Slope. His Feldenkrais classes are designed to be transformative, meditative, thought provoking, and fun.

Wednesday, 1-2pm - Dan Rindler

By semester: \$240 - Drop-in: \$20 - limited availability!

Yoga for Musicians

Achieve better musicianship through yoga! By integrating yoga exercises and concepts into your practice routines, this class will help musicians develop a more focused and relaxed frame of mind for music-making. Students will learn breathing techniques, meditation approaches, and yoga postures that will be beneficial to their practices and performances. Yoga for Musicians offers a way for musicians to use their breath to improve phrasing and to ease performance anxiety. They will be able to play with deeper expression through inspiration and also acquire more out of the practice through improved focus.

Thursday, 1-2pm - Aude Cardona

By semester: \$180 - Drop-in: \$15 - limited availability!