

FOUNDATIONS FOR MOVEMENT AND MUSIC

Body Mapping/Feldenkrais Course in High River, AB

DATES: Friday, July 14, 2017 9.30-4.30 pm
Saturday, July 15, 2017 9.30-4.00 pm

LOCATION: High River United Church

COST: \$345.00

Registration Deadline: June 15, 2017

Are you feeling that your musical performance is limited by your technique? Can't seem to get to the next step in your playing? Does your practice lack focus? Do you feel like you are working against, rather than with, your body?

Join us for this comprehensive course that will give you practical tools to help overcome physical and mental barriers in your performance and practice. We bring together two highly effective methods—**Body Mapping** and **Awareness through Movement®** as well as the material from *What Every Musician Needs to Know about the Body* - an internationally recognized curriculum taught in renown music schools worldwide.

In this course you will:

- Build foundations for healthy movement and musical interpretation
- Explore how the body is designed to move to make music and learn to use your body more effectively as a musician
- Find more ease and freedom of movement, technique and tone—the basis of wonderful music making
- Discover a greater sense of poise and balance
- Learn how to train an inclusive attention to feel more centered for performance and teaching
- Free up a bigger more natural breath to bring ease and freedom to your playing/singing
- Cultivate sensory awareness in your playing and teaching

This course will provide opportunities to explore concepts in depth and apply them to your own playing and teaching. Learning environment is supportive and welcomes musicians of all instruments, levels and disciplines.

Your teachers:

Michèle Wheatley-Brown, Licensed Andover Educator, (www.mindbodymusic.ca), brings a wide range of experience and knowledge to her teaching with extensive research and practical applications into playing technique. With over 25 years of teaching, examining and adjudicating, Michèle emphasizes a holistic approach to playing and works successfully with professional and amateur musicians to overcome physical and mental blocks in their playing. Michèle holds a M.A. (Music), B. Mus., B. Ed. and is a member of the RCM College of Examiners and Canadian Music Adjudicators Association.

Jennifer Herzog Feldenkrais Practitioner, (www.movingmatters.ca) is a Guild Certified Feldenkrais (TM) Practitioner and Yoga Teacher. She has 18 years of experience teaching movement and working with professional performers, seniors and children. In addition to her private Feldenkrais practice, Jennifer is enrolled in a two-year training in Biodynamic Cranio Sacral Therapy.

Schedule:

Friday, July 14, 2017

9.30-12.30

Part A: Three Pillars of Somatic Education: Training Movement, Attention and Senses

Topics include:

- Body Mapping as a basis for changing and organizing movement
- Creating mental focus for more centered playing/teaching
- Layering awareness of inner and outer experiences to cultivate an Inclusive Awareness
- Training sensory awareness with an emphasis on kinesthetic and visual senses

Part B: Mapping the Places of Balance

Topics include:

- Standing and sitting from a biomechanical perspective
- Perception of our relationship with space, support and gravity

- Spinal movement
- Freeing up movement to play/sing by using the fixed surfaces of the floor/bench
- Awareness through Movement 'mini-lessons' to reinforce concepts

12.30-2.30

LUNCH (bring a bagged lunch for a picnic in George Lane Park or visit one of High River's great cafés)

1.30-2.30

Part C: Mapping the Movement and Structures of the Arms

Topics include:

- Organizing sequential and rotational movements of the whole arm— from the shoulder blade through to the elbow, wrist, hand, and fingers
- Exploring spinal support for the arms

2.30-3.15

Awareness through Movement session led by Feldenkrais Practitioner, Jennifer Herzog

3.15-4.30

Applied Practice

- Individual practice with private coaching

Saturday, July 17, 17 9.30-12.00

Part D: Mapping the Movement and Structures of Breathing

Topics include:

- Freeing up a natural breath by exploring the real structures and movement of breathing
- Dispelling myths in how we teach and talk about breathing
- Connection between healthy breathing and balance
- Feeling the movement of breathing with awareness of the role of connective tissue

Part E: Mapping the Movement and Structures of Legs

Topics include:

- Using the movement at hip, knee, ankle joints for a holistic awareness of the support and movement of the whole body when making music

- Exploring how our feet contact the floor to provide support and buoyancy to play our instruments/sing

12.00-1.00

LUNCH (bring a bagged lunch for a picnic in George Lane Park or visit one of High River's great cafés)

1.00-2.00

Awareness through Movement session led by Feldenkrais Practitioner, Jennifer Herzog

2.00-3.00

Applied Practice

- Individual practice with private coaching

3.00-4.00

Masterclass

- Participate and/or observe in a masterclass to apply the principles of Body Mapping, Awareness through Movement and material from *What Every Musician Needs to Know about the Body*

To register and for more information:

Email Michèle at: michele@mindbodymusic.ca
www.mindbodymusic.ca

For more information about Feldenkrais Technique email Jennifer at:
jherzog@telus.net
www.movingmatters.ca