

# Body Mapping for Musicians

## Move Well. Play Well

With Licensed Body Mapping Educator, Michèle Wheatley-Brown

Join us for this comprehensive four-part course that will give you practical tools to help overcome physical and mental barriers in your performance and practice. This course will cover material in *What Every Musician Needs to Know about the Body* - an internationally recognized curriculum taught in renown music schools worldwide.

In this four-part 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
- Free up a bigger more natural breath to bring ease and freedom to your playing/singing

Each session provides ample opportunities to explore concepts in depth and apply them to your own playing and teaching. Throughout the course, private consultation is offered to compliment the course material. Learning environment is supportive and welcomes musicians of all instruments, levels and disciplines.

**Course Dates:** Fridays - November 1, 15, 29 and December 6, 2019

### ***Part 1: Foundations of Body Mapping and Balance***

**Friday, November 1, 2019 10.30-12.30**

Topics include:

- Standing and sitting from a biomechanical perspective
- Perception of our relationship with space, support and gravity
- Freeing up movement to play/sing by using the fixed surfaces of the floor/bench
- Spinal Movement
- Layering focus for an Inclusive Awareness

***Part 2: Mapping the Movement and Structures of the Arms***

**Friday, November 15, 2019 10.30-12.30**

Topics include:

- Organizing sequential and rotational movements of the whole arm
- Movement and structure of the whole arm: from collar bone to finger bones
- Exploring spinal support for the arms
- Sensory awareness with emphasis on kinesthetic and tactile senses

***Part 3: Mapping the Movement and Structures of Breathing***

**Friday, November 29, 2019 10.30-12.30**

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 4: Mapping the Movement and Structures of Legs***

**Friday, December 6, 2019 10.30-12.30**

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
- Healthy walking

**Location:** Steinway Calgary (subject to change)

**Cost:** \$240

**To register:** Email: [michele@mindbodymusic.ca](mailto:michele@mindbodymusic.ca) or register at [www.mindbodymusic.ca](http://www.mindbodymusic.ca)

**Your teacher:**

**Michèle Wheatley-Brown**, Licensed Body Mapping Educator, ([www.mindbodymusic.ca](http://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 Association of Body Mapping Education, RCM College of Examiners and Canadian Music Adjudicators Association.