



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

By Barbara Conable, Benjamin Conable

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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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Editorial Review

About the Author

Barbara Conable is an Alexander teacher of 23 years experience and a teaching member of the North American Society of Teachers of the Alexander Technique and Alexander Technique International. She has taught at the Ohio State University and the Cincinnati Conservatory and is now President of Andover Educators. She is an active poet and the author and editor of several books about the Alexander Technique.

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