

What Every Musician Needs to Know About the Body

THE COURSE

Training Movement, Senses & Attention

Hour 1

Training Senses, Movement & Awareness for Music Making

Hour 2

Balance & Support Through the Core in Sitting and Standing

Hour 3

Mapping the Arm Structure

Hour 4

Breathing Structures and Movements

Hour 5

Mapping Legs

Hour 6

How to Put it All Together

Workshops are tailored to meet the needs of professionals, educators, and students. All workshops include slide presentation, anatomical models, experiential learning & practical application.

Studio Classes • Educator Workshops
Faculty Development • Private Lessons
School Residencies

To schedule a workshop or lesson contact:

Vanessa Breault Mulvey
781.942.9641
vanessa@bodymap.org

ABOUT ANDOVER EDUCATORS

The **Andover Educators** are a group of musicians trained to teach Body Mapping. In workshops and lessons they guide musicians to natural, free movements through the refinement of body maps. The organization was founded in 1997 by Barbara Conable, teacher of the Alexander Technique, and author of the book, *What Every Musician Needs to Know About the Body* (GIA). The book and companion course are used by performers and teachers alike.

For more information visit:
www.bodymap.org

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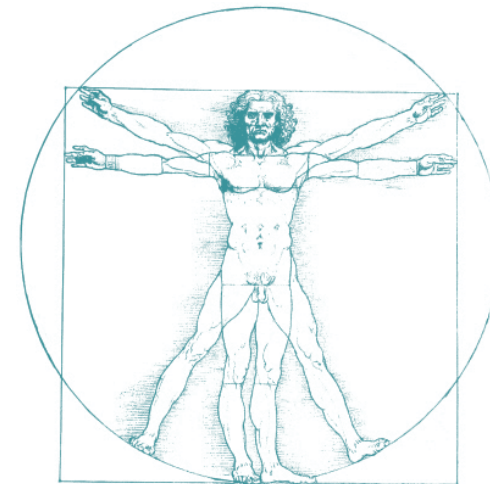
WHAT EVERY MUSICIAN
NEEDS TO KNOW

ABOUT THE

Body

BODY MAPPING

Workshops & Lessons



Vanessa Breault Mulvey
Certified Andover Educator
781.942.9641
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ABOUT THE COURSE

What Every Musician Needs to Know about the Body is a six-hour course providing accurate anatomical information about the body and its design for movement. Certified instructors assist musicians as they learn to integrate this knowledge into music-making. The course provides methods to prevent injury and a route to more natural movement and expressive playing.

Body Mapping and Course Benefits Include...

Technique

Solutions to limitations
Enhanced facility
More natural movement

Expression

Tone, dynamic & intonation accuracy
Enhanced musical expression
Enhanced breath capacity & control

Performance

Performance poise and confidence
Higher levels of musicianship
Improved performance awareness

Health

Relief from discomfort and pain
Prevention of repetitive movement injury
Comfort and ease for music making

ABOUT BODY MAPPING

Natural free movement is the foundation of great music-making. Movement is governed by body maps, the brain's representations of the body's structure. These maps include details of the structure, function, and size of bones, joints and muscles.

Accurate body maps set the stage for easy, resilient movement by guiding the body into movement that matches its design.

Inaccurate body maps misdirect movement, leading to awkward, restricted and tense patterns of movement.

Body Mapping teaches musicians how to experience the anatomical truths that create fluid, accessible movement.

What Musicians are Saying

About Body Mapping...

"The movements I'm learning through Body Mapping are simple, memorable, and reliable — always there when I need them."

"I'm impressed with how the material and message are put together, and appreciated how you wove together the presentation with opportunities... to try things out and ask voice related questions..."

"...it improved my playing dramatically."

"I got a better sound from what I learned."

Vanessa Breault Mulvey, MM

Certified Andover Educator



Vanessa Breault Mulvey assists musicians of all instruments in refining body maps to enhance performance or

overcome pain and injury. She presents Body Mapping workshops for a wide range of organizations including Boston Conservatory, Greater Boston Flute Association, Music Educators National Conference, Treble Chorus of New England, and Longy School of Music.

Ms. Mulvey is on the faculty of the Longy School of Music in Cambridge, Massachusetts and at the Elyrica Summer Chamber Music program in Connecticut. She performs chamber music throughout the region and is a member of the Revelia Duo. Ms. Mulvey is a graduate of the Crane School of Music at the State University of New York in Potsdam and the Cincinnati College-Conservatory of Music. She has studied Body Mapping with Lea Pearson and Amy Likar.

Contact

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