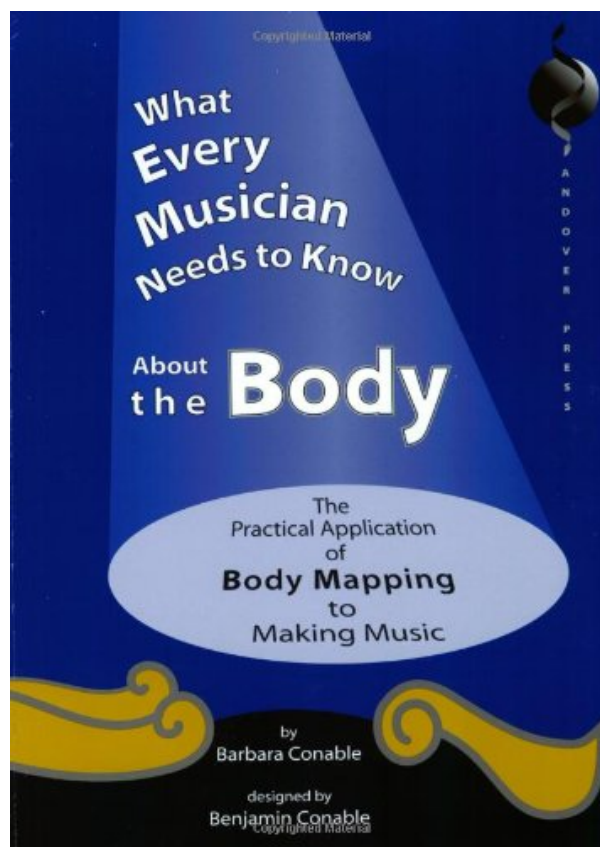
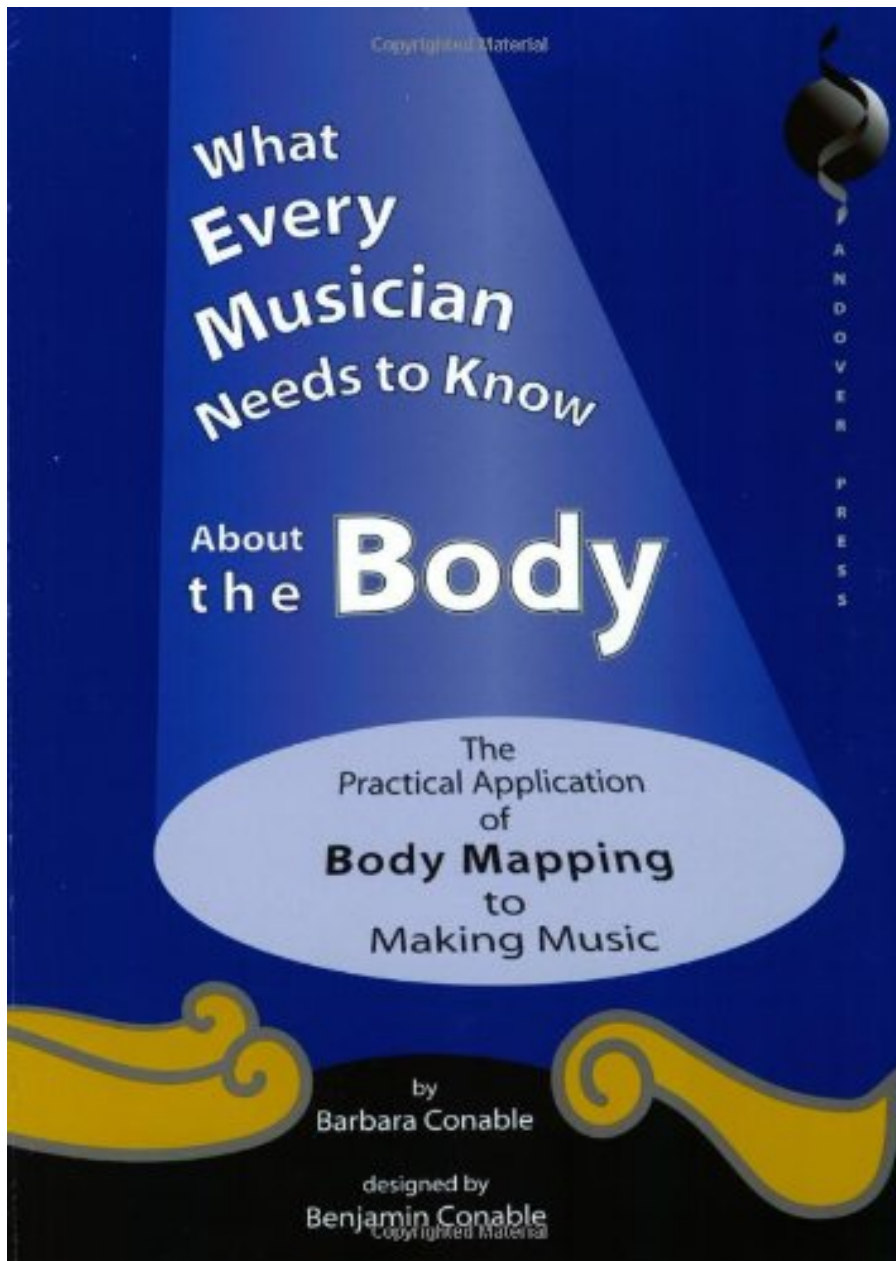


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About the Author

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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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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- Number of items: 1
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- Binding: Spiral-bound
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About the Author

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Five Stars

By Laken E.

USE THIS IN YOUR STUDIO AND GROUP CLASSES. THIS IS SO IMPORTANT.

22 of 26 people found the following review helpful.

No Filling in This Sandwich

By Robert C. Adams

I'm a serious amateur musician (singer), so I know that understanding the body and learning how to use it properly is crucial to making good music. I thought this book would teach me how to better use my body through consideration of its various parts and relationships. I was wrong. Too many of the one-page sections start and end with simplistic lead-ins and feverish ones like these: "You can learn to have a pressure-free front" or "You can learn to organize your torso around your core" and end with "You have a pressure-free front? Gloat! and "If you already, just naturally, organize around your core, huzza!" In between these statements are anatomical diagrams but nothing that tells the reader/student HOW to develop a pressure-free front or to organize the torso around the core. And so on. From the reviews this book apparently satisfies the needs of some, and that's great. But if you're a serious musician looking not only to understand the way the body

should work but also tips, advice, or exercises about **HOW** to use your body, you'll need to look elsewhere. I am.

7 of 7 people found the following review helpful.

An excellent introduction to body mapping

By A.H.

Unlike many of the other reviewers, I have found this book to be an excellent introduction to body mapping and the Alexander Technique. I think the operative word is "introduction." This should not be thought of as an in-depth study of body mapping; for that, one should refer to Conable's book "How to use the Alexander technique." As both a professional singer and a voice instructor, I have found this simple book to be very useful. It is a helpful tool to introduce students to the very concept of body mapping (something that most people know nothing about...by the way, it's the study of the proper way to hold one's self and use one's body based on an accurate concept of one's physiology). It is also a helpful tool for someone who is familiar with body mapping to check yourself. If you want an in-depth study, this is not the book to use, but it is excellent to use in conjunction with other texts, especially a simple anatomy book. And, as to the cartoon-like drawings, they make it simple, and simple is a good way to start!

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