

Body Mapping for Flutists

A course for flutists and teachers to improve performance and prevent injury

Body Mapping for Flutists is a six hour course to help flutists recognize and change the use of the body to *improve performance* and *prevent injury*. A body map is the map or representation in your brain of your body. If one's body map is accurate, body use and movement is free and fluid. If one's body map is not accurate, body use and movement is limited and can lead to pain and injury. As musicians, we use our bodies every-day to play our instruments. In Body Mapping, you learn to gain access to your own body map through self-observation and self-inquiry, thereby learning how to integrate that knowledge into your own flute playing and teaching.

Body Mapping for Flutists is a sequence of six hour classes covering these subjects:

- Hour One: movement, your senses, and attention
- Hour Two: the core of the body and places of balance
- Hour Three: the four arm joints and how to use them
- Hour Four: the movement of breathing
- Hour Five: the legs and how they move as you play
- Hour Six: how to put it all together in your own playing and teaching

In the course **Body Mapping for Flutists** students will learn accurate information about the body, how we move and its application to playing the flute through a power point presentation, movement awareness and playing the flute.

About Ruth Kasckow

I am offering the **Body Mapping for Flutists** class to interested students. Through my study of body mapping with Amy Likar, Lea Pearson, Barbara Conable and Liisa Ruoho for the past five years, learning body mapping has allowed me to play without pain and in a freer, more expressive way. Learning and applying this information results in a greater awareness and sensitivity to how we move, enabling us to make changes to improve our playing. This information is crucial for flutists and all musicians since we depend on moving well to play our instrument.

How to Sign Up

Call or email me to find out more information, time and location for the class.

Phone: 626 840 9716

Email: RKasckow@flutemuse.com

Website: www.flutemuse.com

Body Mapping website for more info on the subject: www.bodymap.org