What Every Musician Needs to Know about the Body

“What Every Musician Needs to Know About the Body” is a 6 hour course designed to set each participant on a path of self-evaluation and change, in order that he or she may eventually arrive at a sensory-motor integrity sufficient to becoming and remaining free of injury and pain through a lifetime of performing with increasing pleasure and proficiency.

What You Will Learn

- **HOUR ONE:** ABOUT MOVEMENT, YOUR SENSES, AND ATTENTION IN PLAYING and SINGING. Training musicians’ movement by cultivating an accurate and adequate Body Map. Training sensory discernment and responsiveness. Training attention.

- **HOUR TWO:** THE CORE OF THE BODY AND THE PLACES OF BALANCE. The spine; the balance of the head on the spine; the balance of the head and thorax on the lumbar vertebrae; the balance of the torso on the legs; balance at the knee; balance at the ankle; balance on the arch of the foot; and the balance of the arm structure.

- **HOUR THREE:** YOUR FOUR ARM JOINTS AND HOW TO USE THEM. The four arm joints; the organization from the tip of the little finger to the tip of the shoulder blade; support for arm movement by a dynamic, lengthening and gathering core.

- **HOUR FOUR:** THE MOVEMENT OF BREATHING. Mapping the structures of breathing and the movement of breathing, including a dynamic, lengthening and gathering core.

- **HOUR FIVE:** YOUR LEGS AND HOW THEY MOVE AS YOU PLAY. The three leg joints; the organization of the musculature; support for leg movement by a dynamic, lengthening and gathering core; the reflex that gives us a spring in the step.


**Requirements**

Participants may be musicians of any instrument, age 16 or older.

The course will focus on the integrity of the bodymap of the participants, but will also include information on how to incorporate Bodymapping into your studio teaching.

Participants must purchase and read one of the Bodymapping text books before the class. A list of instrument specific text books and where to purchase them can be found on the “Recommended Reading” tab at the Andover Educators website: [www.bodymap.org](http://www.bodymap.org). Participants should purchase, at minimum, “What Every Musician Needs to Know about the Body” by Barbara Conable.

Please come to class dressed to move!

**Andover Educators** is a not for profit organization of music educators committed to saving, securing, and enhancing musical careers by providing accurate information about the body in movement. Andover Educators use an innovative and specific technique called Body Mapping to enhance musicians’ abilities and to help those in pain or discomfort. Clear, concise, and practical information about how the body moves in order to make music is presented in the course “[What Every Musician Needs to Know About the Body](http://www.bodymap.org)” or you can learn more about Body Mapping in private lessons with an Andover Educator.

Andover Educators train musicians and music educators to accurately support and enhance movement in practice and performance with the goal of increasing ease while reducing and eliminating injury. Andover Educators teach in colleges, universities, conservatories, and private studios throughout the world and offer professional development workshops for musicians and music educators.

All Andover Educators are musicians dedicated to helping other musicians and understand the struggles, both physical and mental, that musicians face in their careers. It is the hope of Andover Educators that this method of teaching will encourage wellness and enhanced performance among musicians.

**Bridget Jankowski** is a pianist working in the northeast Ohio area as a church musician, teacher, accompanist and workshop clinician. In 1998 she was the first person to
become a licensed Andover Educator after logging over 150 hours of training and study with noted Alexander Technique Teacher and Andover Educators® founder Barbara Conable. She is an original member of the Andover Educators Board of Directors and in the summer of 2013 she will become the President of this organization.

She works with teachers and students on movement and technical issues both in her home studio and via the six-hour course “What Every Musician Needs to Know about the Body”. Her work has helped injured and uncomfortable musicians of all ages overcome technical limitations and gain greater awareness, ease and natural movement in their playing. She incorporates Body Mapping concepts into her weekly lessons with piano students, as well has her church choirs (children and adult), and cantors.

Mrs. Jankowski has presented Body Mapping workshops in several states and has served as a guest clinician most recently at the Cleveland Institute of Music. She is currently the Director of Music at St. Matthew Catholic Church in Akron, Ohio and maintains a private piano studio with students ranging in age from five to eighteen. Her professional affiliations include Andover Educators, MTNA (nationally certified) and Ohio MTA, the Suzuki Association of the Americas, and the National Association of Pastoral Musicians. She lives in Cuyahoga Falls with her husband and three sons.