

Body Mapping Resources

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The work of **Body Mapping** is putting musical training, practice and performance on a secure somatic foundation by correcting and clarifying body maps, refining the kinesthetic sense, cultivating inclusive awareness and "training movement as movement."

Website of Andover Educators, Body Mapping umbrella organization: www.BodyMap.org
Contains links to numerous articles (such as "Scientific Basis of Body Mapping"), books (including those below) and other Body Mapping resources, roster of licensed teachers and upcoming courses, information about the 2017 conference and the teacher training process.

Books on Body Mapping:

Conable, Barbara: What Every Musician Needs to Know About the Body
The Structures and Movement of Breathing
Malde, Melissa et al: What Every Singer Needs to Know About the Body
Draina, Bonnie: The Breathing Book for Singers (pending, Mountain Peak Press)
Other instrument-specific books such as What Every Pianist Needs to Know About the Body.

Favorite Anatomy Books:

Calais-Germain, Blandine: Anatomy of Movement
Anatomy of Movement Exercises
Anatomy of Breathing
The Female Pelvis
Anatomy of Voice
Gorman, David: The Body Moveable
Kapit & Elson: The Anatomy Coloring Book

Other Useful Books:

Myers, Thomas: Anatomy Trains
(anatomy and function of myofascial system)
Knaster, Miriam: Discovering the Body's Wisdom
(guide to 50+ mind-body practices)
Dayme, Meribeth: The Performer's Voice
(Clear, concise explanations accompanied by anatomically accurate illustrations, attention to mindfulness, balance and alignment, and exploration of the expressive potential of the human voice make this book valuable to teachers and vocalists of all types who seek a holistic pedagogy text grounded in somatic and anatomical reality.)

Favorite Video Clips for Body Mapping:

3D View of Diaphragm <https://youtu.be/hp-gCvW8PRY>
The Diva and the Emcee <https://youtu.be/M2OdAp7MJAI>
Look Inside the Head of an Opera Singer <https://youtu.be/Q9eFqX4wvvnw>
Pronouncing R (spoken and sung!) <https://youtu.be/Z8yysjQeYT4>

Favorite Somatics Quote:

Jeanette LoVetri: You've got to move it to feel it, and feel it to move it.