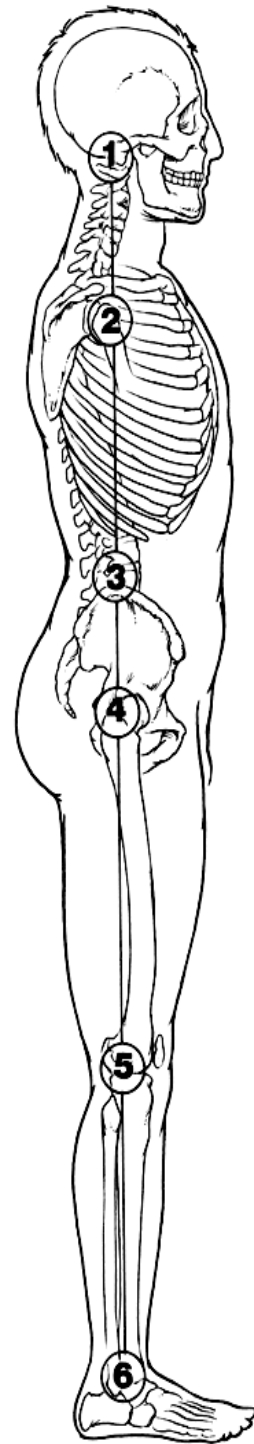
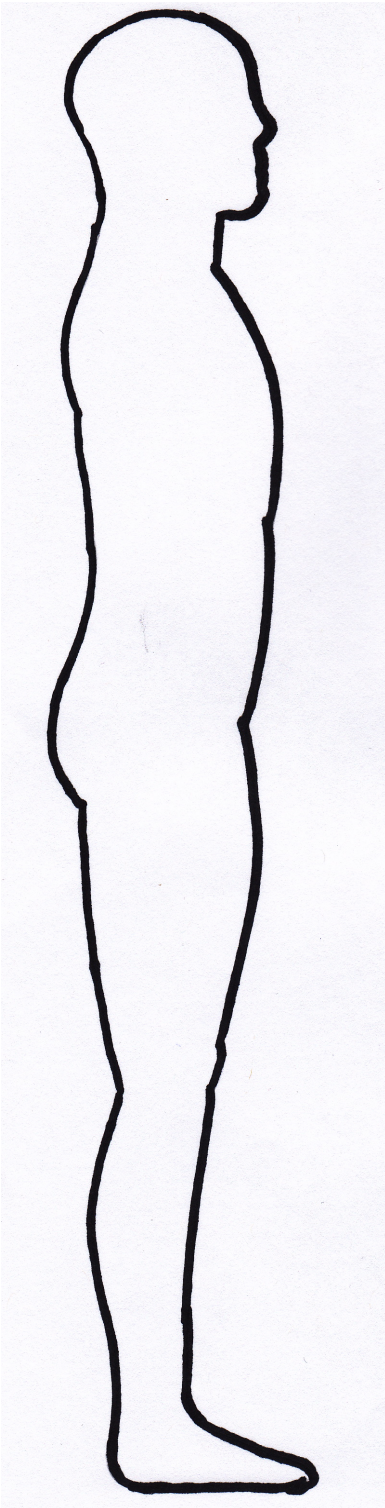


Music is Movement - Bonnie Draina, DMA



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Fill in the outline with your idea of a skeleton, then unfold the page.

Compare the reality above to your own maps as you drew them.

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Body Mapping Basics

Body maps are located in the cerebral cortex and contain information about the structure, size and function of our body and its parts. The brain uses these maps in motor planning just as we use maps to plan how to travel from Point A to Point B.

We “draw” our own body maps beginning in infancy, through movement, tactile exploration and **observing others**. The maps may become distorted as we grow, overcome injury, are influenced by society and furniture, and through other factors. We may access, evaluate and correct our maps through inquiry, conscious movement, watching others, visual aids, healing arts and creative messing around.

“The integrity of any movement depends on the integrity of the Body Map that governs it.” - Barbara Conable

Music is movement.

In the absence of tension, sitting/standing is movement.

Learn to love your “sixth sense” - **kinesthesia**, the movement sense, gives your brain information about position, movement and size through sense receptors imbedded in cartilage and connective tissue, concentrated at skeletal joints.

Inclusive attention allows you to be aware of yourself, your surroundings and the task at hand, while your mental focus smoothly shifts as needed.

“You have to move it to feel it and feel it to move it.” - Jeanette LoVetri

Resources

BonnieDraina.com - classes and lessons in Body Mapping

CU Boulder College of Music

Alexander Technique classes - summer intensive, semester courses

Musicians' Wellness Initiative - “like” us on Facebook

BodyMap.org - teacher directory; articles and books about Body Mapping

What Every Musician Needs to Know About the Body - Barbara Conable

Instrument-specific Body Mapping books

MoveWellAvoidInjury.com

Order DVD; watch sample clips online