

Workshop

Alexander Technique for Flutists

Saturday, February 16
9:30 am – 10:20 am, Room 7

Marian Goldberg

The Alexander Technique provides the flutist with an exceptionally effective and comprehensive means to change ingrained tension habits that interfere with optimal playing and coordination. This workshop looks at how to change automatic response patterns that are the basis for undue tension habits, and at how the mind and body work as an integrated whole to play the flute. This introduction includes individual “mini-lesson” demonstrations and group activities to develop understanding of how these fundamentals can provide for healthier and more efficient breathing, balance, movement, and support.