



Body Mapping for Flutists: What Every Flute Teacher Needs to Know About the Body/G6745

Lea Pearson

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Body Mapping for Flutists promotes injury prevention and enhanced performance through increased awareness of body mechanics. Certified Andover Educator and flutist Lea Pearson offers students and teachers easy to understand solutions to common body alignment problems. The illustrations throughout also help you formulate your own body map. With Body Mapping for Flutists, you will learn: Practical exercises - Proper balance when sitting or standing - Correct arm position and movements - Free and supported breathing - Anatomical explanations for how the body works - How to train your kinesthetic sense - The importance of efficient movement for musicians - Practical exercises

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