

MUSIC & MOTION

Body mapping workshop for musicians with **Doug Johnson**, Berklee College of Music (USA)

Monday, March 23, 2015

3-5 pm

Admission is free. R.S.V.P. and further information: programs@usembassy.at

The workshop is suitable for musicians of all musical instruments and genres, for professionals as well as for amateurs.



Doug Johnson, associate professor of piano at the renowned Berklee College of Music and a faculty member at Wellesley College, is a specialist for odd-meter. Doug is also a Licensed Andover Educator (Body Mapping Certification) and a founding member of the Berklee Performance Wellness Institute.

As an educator Doug has done workshops and masterclasses throughout the U.S., and at the University of Vienna, the Vienna Music Institute, the Krakow Jazz Academy, and the Freiburg Rock and Jazz Hochschule.

Body Mapping is a somatic (mind-body) discipline based upon the scientific fact that the brain contains neural maps of bodily functions and structures that govern our body usage. When our physical self-representation is adequate and accurate, then our movement is effective and safe. Musicians who embrace the principles of Body Mapping enjoy freedom of movement that enhances their ability for musical expression, and avoid placing themselves at risk of injury. Quality of movement is critical for musicians because movement underlies all forms of musical communication and expression.

Body Mapping is for you if

- you see others play their instruments with ease and you would like to learn how they do it.
- you experience pain or you fatigue easily.
- you would like to feel more connected to the music that you make.
- you would like to know how to listen more effectively to the musicians and feel more “in the moment” with own playing and the audience.
- you have back, neck or shoulder pain.
- as a teacher you would like to have a better understanding of how to teach your students to move well.
- as a teacher you would like to understand why some students move well and some do not.



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