

Mapping Matters: An Introduction to Body Mapping for Pianists

Remember singing “head, shoulders, knees, and toes?” We learned this song as small children, and it is one of the first steps in mapping our body parts. Our brains have areas dedicated to our body parts' size, structure, and function. These areas, called maps, control our movements. When the maps are accurate, movement is precise. When the maps are off, the movement is off, leading to movement challenges that can result in injury.

This presentation will introduce the principles of Body Mapping and how they can be incorporated into our teaching. It's easier than you may think! Images, models, and experiences clarify confusion about the main joints in the body, thereby enabling free technique and expression at the piano.

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