

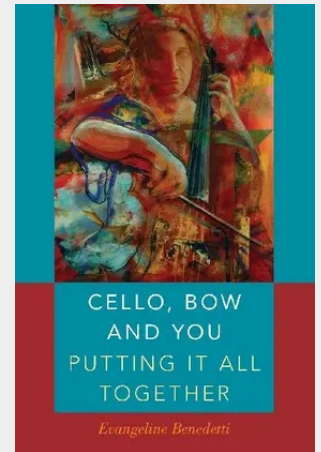
Benedetti

Cello, Bow and You

Putting It All Together

Written for the cellist looking for an approach that demystifies cello playing, Cello, Bow and You is an innovative text in the field of string pedagogy written by a 40+ year veteran of the New York Philharmonic Orchestra and certified teacher of the Alexander Technique. Author Evangeline Benedetti has a unique voice and approach, and invites cellists of all levels to explore, make discoveries and organically internalize technique. Benedetti's approach compliments the work that students do with their teachers by encouraging them to be more aware of themselves and responsive to internal and external guidance. The book is organized as its playful title implies. In the Cello and Bow sections, Benedetti explores the natural physical and mechanical properties of the instrument and bow, the laws of movement, the influence of gravity, and the dynamic interaction between them. The "You," or the one who plays, is explored from the point of view of the player's musical conception, anatomy, and principles of movement based on the Alexander Technique and bio-mechanics. Cello, Bow and You allows students and professionals access to Benedetti's vast performance and teaching experience. She has pioneered an approach to playing that is a synthesis of the cellist's musical thought, the knowledge of the dynamic properties of the instrument and bow, and the ability to move effectively according to the mechanics of the human body. The synergy of these elements leads to physically healthy playing and frees players to be musically expressive. Written in engaging, informal prose, the book is a must-read for cellists and cello teachers - beginning, intermediate, or professional.

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