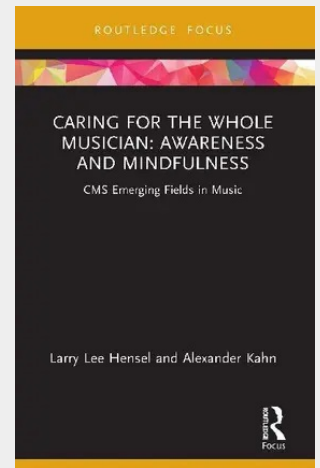


Caring for the Whole Musician

Awareness and Mindfulness: CMS Emerging Fields in Music

Caring for the Whole Musician brings together insights from two expert musicians and educators to consider the relationship between mental and physical health and artistic practice for musicians. Offering a holistic perspective that encompasses the whole being – body, mind, and heart – this book provides emerging musicians with tools, practices, and mindsets to address key challenges throughout their journey. The first part, Awareness, addresses wellness and embodiment in music, exploring how our bodies are constructed and how the use of our bodies as instruments affects function. Using approaches including Body Mapping and the Alexander Technique, this part helps readers discover adverse habits that interfere with natural movement, and nurture awareness of the body. The second part, Mindfulness, explores how meditative practice can be incorporated into every stage of concert preparation and embedded within the daily life of the musician. Offering mindfulness exercises related to each stage of the music-making process, these chapters provide strategies for readers to enhance their well-being and focus. Centered in the understanding of the musician as a whole being, this book provides an essential guide to how practices of awareness and mindfulness can allow musicians to better care for themselves and flourish in their artistic careers.

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