

Bonnie Draina, DMA

Carbondale CO

BODY MAPPING CLASSES & WORKSHOPS:

Introduction to Body Mapping - explores the role of neurological maps in physical activity, using Body Mapping to increase facility and decrease risk of injury, and how participants can effectively implement Body Mapping into their daily practice or teaching. 1 - 2 hours.

Optimal Alignment - exploration of physical balance and alignment through basic Body Mapping and kinesthetic awareness. 1 hour.

Cultivating Kinesthesia - introduces our sixth sense and the role it plays in singing, as well as methods of increasing kinesthetic perception. 1 hour.

The Art of Breathing - examines the structures and movement of breathing and how various breathing methods are executed. 2 hours.

What is an Arm and Why Should You Care? Exploration of the arm structure and the interconnection of arms with the whole body. Exploratory exercises help participants begin remapping immediately.

What Every Person/Singer/Musician Needs to Know About the Body - a comprehensive Body Mapping course. Topics include kinesthetic awareness, alignment and balance, legs, arms, breathing, and inclusive attention. Individual coaching and group activities ensure that students begin applying new information immediately to their own neurological maps for a "GPS update." 6- or 15-hour versions.

Please inquire about classes tailored to the needs of your group.

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