

# Body Mapping For Musicians



*“The work Dr. Draina did with our young artists in only two sessions was transformative. With her nurturing guidance, mapping helped our artists to make immediate and positive physical and vocal modifications.”*  
-Leigh Holman, Director of Opera Colorado Artists Ensemble

**Bonnie Draina, DMA, teaches studio voice and vocal pedagogy at the University of Colorado. She is a certified Body Mapping instructor.**

Musical sound is determined by the movement that produces it, and our movement is governed by how we *think* we are constructed. Body Mapping is an essential process in developing a sound basis for musical techniques in all genres and preventing injury. Dr. Draina guides participants in examination and correction of their neurological maps through demonstration, group activities and individual coaching.

Dr. Draina is available year-round for master classes and clinics. For more information about Body Mapping visit [www.bodymap.org](http://www.bodymap.org)