

Body Mapping for Better Movement



How well we move is determined in great part by how we think we are constructed. **Body Mapping** is an essential process for improving performance and preventing injury in daily activity, athletics and performing arts. Bonnie Draina offers dynamic workshops exploring the structures of alignment and movement, the role of sensory perception in practice and performance, and cultivation of inclusive awareness. Individual coaching and group activities ensure that students begin applying new information immediately to their own neurological maps and skill sets. Participants can expect to come away with greater physical freedom and increased ability in their athletic or artistic endeavors and daily activities.

Bonnie Draina is a licensed teacher of Body Mapping through Andover Educators. She is based in Carbondale CO and teaches lessons and workshops around the world.

To learn more, email BonnieDraina@Gmail.Com or visit Www.BonnieDraina.Com.

For more information about Body Mapping, please visit Www.BodyMap.Org.

What educators say

This was an incredibly valuable and unforgettable workshop! I am still reeling with enthusiasm and excitement six months later. My own singing has been rejuvenated and my teaching has been completely transformed in so many wonderful ways. My students are also still benefiting because of the thoroughly valuable information you shared with us all. A million thanks to you for your infectious enthusiasm, your generosity, your intuitive insight, and your incredible breadth of knowledge.

David Playfair, Head of Voice Studies, Brandon University, Manitoba, Canada

Dr. Draina conveys a lot of vital information in a friendly, conversational manner. My students responded well to her and learned critical points about the body and how it works. I have noticed that many of the singers in my choir are more aware of how they are using their bodies while singing, and several have noticed vast improvement and comfort in their singing as they incorporate what they learned. An extremely useful and very enjoyable workshop!

Dr. Rachel Samet, Director of Choral Activities, University of Hawaii at Manoa

About Bonnie Draina

Bonnie Draina trained in Body Mapping with Barbara Conable, and is licensed by Andover Educators. She has presented on somatic education and Body Mapping at state, national and international conferences. She has conducted workshops at universities across North America. She holds a DMA in vocal performance and pedagogy from the University of Colorado at Boulder. As a classical soprano she garnered numerous regional and world premiere performance credits. Bonnie taught vocal pedagogy and studio voice at the University of Colorado, where she played a leading role in the Musicians' Wellness Program at CU-Boulder.

Workshop descriptions

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 to effectively incorporate Body Mapping into daily practice. 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 practicing and performance, 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 Everyone Needs to Know About the Body - a comprehensive Body Mapping course for anyone who wants to improve their movement. Topics include somatic education, alignment and balance, legs, arms, breathing, and inclusive awareness. Individual coaching and group activities ensure that students begin applying new information immediately to their own neurological maps. 6 hours.

Specialty-tailored workshops and presentations are also available.