

Explore Body Mapping!

~A movement workshop for *all* musicians

Cynthia McGladrey, instructor

Licensed Andover Educator/Body Mapping specialist for musicians

Saturday, February 10, 2018

9 am to Noon • \$10/person



The body map is one's self representation in one's brain; it is what our brain knows about ourselves. Body maps in our brain inform the movement of our body. Humans move their bodies based on the accuracy of their body maps.

- When our body maps are accurate, we move with integrity, balance, ease and coordination. If our body maps are inconsistent with our actual size, structure and function, we may not move well.
- Body Mapping is the building, correction and refinement of our body maps.
- Body Mapping is the study of how human anatomy applies to everyday movement.

The goal of Body Mapping is not to change what you do, but how you do it.

This workshop offers an opportunity for musicians to explore sitting, standing, singing and handbell playing with more efficiency, more mindfulness and more ease. Body Mapping enhances the movements of everyday life and music making to promote freedom from pain, tension and injury.

Emphasis in this workshop will be on skeletal support and balance to encourage efficient movement of your back, arm, jaw and neck muscles. We will explore effective breath movement to enhance vocal tone. Body Mapping develops inclusive awareness and builds kinesthesia. Body Mapping encourages exploration of anatomical truths to enhance free, efficient and flexible movement for music making.

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movements of
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and injury.*

Registration (please print)

Name _____

Mailing address _____ Zip _____

email _____ Phone _____

Please make checks, \$10/person, to "Murray Hills Christian Church" and mail to:

MHCC Music Workshop, 15050 SW Weir Road, Beaverton, OR 97007

About Cynthia McGladrey

Cynthia McGladrey holds a Master of Music in vocal performance at University of Oregon and a Bachelor's Degree in choral education at Portland State University. She was licensed Andover Educator with Barbara Conable in 2005. Cynthia teaches Body Mapping for musicians with choirs, solo vocalists, instrumentalists and handbell ringers at retreats and workshops throughout the Northwest. She is a recently emeritus instructor of studio voice, assistant choral director, director of Handbell Ringers, and Body Mapping for musicians educator at George Fox University.

Cynthia maintains a Salem private vocal and Body Mapping studio teaching music educators and adult students. She served as coordinator of music ministries and director of children's music at Salem First United Methodist Church for eleven years. Cynthia has been an adjunct vocal instructor at Mt. Hood Community College, Oregon State University, Western Oregon University and Linfield College. She enjoys sharing song recital and concert repertoire with University ensembles and with local community choirs.



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www.bodymap.org • 503-871-9414

— — — — — - *Additional Registrations (please print)* - — — — —

Name _____

Mailing address _____ Zip _____

email _____ Phone _____

Name _____

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