

# Mind-Body-Music: From Proper Alignment to Artistic Performance

Dr. Elaina Burns, NCTM, RYT-200  
www.elainaburns.com  
elainaburnsmusic@gmail.com

## ❖ Mind

- Meditation for a Healthy Mind
  - Basics of meditation
  - Using meditation to calm the limbic system
  - Mantras for musicians

## ❖ Body

- Movement for a Healthy Body
  - Defining healthy posture
  - Matching breath to movement
  - Pre-performance and post-performance routines

## ❖ Music

- From Proper Alignment to Artistic Performance
  - Breathing in the silence
  - The art of listening - preschool through advanced
  - How dance informs artistic gesture, the heart of our art

## ❖ Intentions

- What will you do to align your work for artistic performance?
  - For yourself
  - For your students
  - For your studio and the greater community

I hope that you, your students, and your colleagues will explore healthy mind-body alignment activities within your own communities. I would be honored to travel to your local or state association meetings to share additional ideas.

Visit [www.elainaburns.com](http://www.elainaburns.com) for further information.

# Recommended Resources

## Books

- ❖ **The Perfect Wrong Note: Learning to Trust Your Musical Self**, by William Westney
  - Westney's step-by-step approach to mind-body alignment is an invaluable resource for training the mind and body to work together.
- ❖ **Meditation for Fidgety Skeptics: A 10% Happier How-to Book**, by Dan Harris
  - Harris, a correspondent for ABC News, provides readers with a humorous approach to the subject of meditation. (See app below)
- ❖ **Living Your Yoga**, by Judith Hanson Lasater
  - Lasater addresses yogic philosophies and their application in daily life.
- ❖ **The Art and Business of Teaching Yoga**, by Amy Ippoliti and Taro Smith
  - Replace the word “yoga” with “music,” and you have an extremely valuable handbook for your music business. The six chapters devoted to business will help you build your studio.
- ❖ **Make Room for What You Love**, by Melissa Michaels
  - Because every musician and teacher could stand to get more organized!
- ❖ **Great Pianists Speak with Adele Marcus**, by Adele Marcus and Gina Bachauer
  - Includes interviews with De Larrocha, Ohlsson, Browning, and others
- ❖ **Famous Pianists and Their Technique**, by Reginald Gerig
  - Examines the pedagogical approach of numerous pianists and teachers including C.P.E. Bach, Brahms, and Rubinstein.

## Articles

- ❖ **“Empowering Musicians: Teaching, Performing, Living,”** by Carina Joly
  - February/March 2018 issue of *American Music Teacher*
  - Addresses posture, breathing, and prevention of playing-related injuries
- ❖ **“Remembering Alicia De Larrocha: Thoughts On Her Artistry, Teaching, and Musical Legacy”** by Alberto Ràfols
  - August/September 2015 issue of *American Music Teacher*

## Apps and Websites

- ❖ **10% happier app** (See book above: *Meditation for Fidgety Skeptics*)
  - Provides video tutorials and audio meditations. Practical and fun!
- ❖ **www.doyogawithme.com**
  - Allows user to choose the length and difficulty level of each practice.
- ❖ **www.yogajournal.com**
  - Provides yoga practices, Sanskrit pronunciations, and meditations.