

MTNA – Pedagogy Saturday – March 17, 2018
Empowering Musicians: Leading a Healthy and Fulfilling Life
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ON-LINE RESOURCES:

Athletes and the Arts: <http://athletesandthearts.com>

College Music Society Archived Webinars:

https://symposium.music.org/index.php?option=com_k2&view=itemlist&task=user&id=2478:cmswebinars&Itemid=126

Music Teachers National Association:

On-going series of wellness articles in the *American Music Teacher* since 2014

Additional wellness resources:

https://www.mtna.org/MTNA/Learn/Wellness_Resources/MTNA/Learn/Wellness_Resouces/Musician_Wellness.aspx?hkey=55fa497e-af7a-4192-a0ab-0a90c78693b1

Essential Skills articles:

https://www.mtna.org/MTNA/Learn/Essential_Skills/MTNA/Learn/Essential_Skills_Series/Essential_Sklls_Series.aspx?hkey=b1e0a32f-7718-45da-a048-fa91eba3c920

NASM - The National Association of Schools of Music – listing of musicians' health advisories in the areas of neuromusculoskeletal health, vocal and mental health and hearing preservation <http://nasm.arts-accredit.org/index.jsp?page=NASM-PAMA%3A+Neuromusculoskeletal+and+Vocal+Health>

Performing Arts Medicine Association (PAMA) –contains member resource directory; information on the journal *Medical Problems of Performing Artists*; resources on performing medicine organizations, clinics, arts organizations; journal bibliography of articles; and other related materials www.artsmed.org

The Bulletproof Musician – website by performance psychologist/violinist Noa Kageyama. Teaches musicians how to overcome stage fright www.bulletproofmusician.com

Mapping Music – website by Rebecca Shockley and Melissa Colgin Abeln: Shows how to map out music for faster learning and memory memorymapformusic.org

The Musician's Brain –Blog by pianist Lois Svard. Explores brain science and how it relates to teaching and performing www.themusiciansbrain.com

Putting It All Together: A Musician's Guide to Day-to-Day Healthy Play by Dr. Serap Bastepe-Gray, https://www.youtube.com/watch?v=YK_NxxD5bbM

ISME Musicians' Health and Wellness Special Interest Group (SIG) Facebook page: <https://www.facebook.com/groups/381660465533218/>

<https://www.alexandertechnique.com>: links to teachers' lists, research and videos

BOOKS:

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