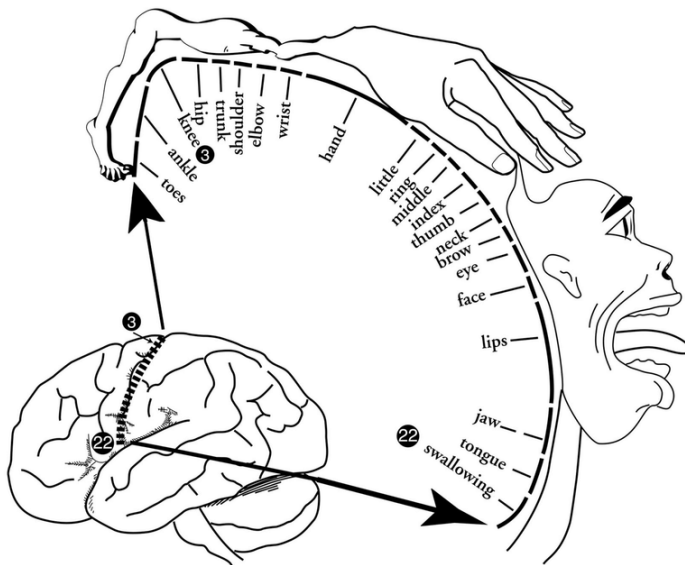


What is 'Body Mapping'?

Everyone has some idea of how their bodies are put together. This idea that we each have, consciously or not, is your personal 'map' or image of how your brain perceives your body to be organised. The brain then sends messages to each body part to move according to that map, and this determines the quality of our movements. Imagine a very fast growing teenager and how they often bump into things. This happens because their brain has not yet caught up with how fast their body is changing- and one day their legs are longer than the day before!



The more accurate our body maps are the more fluid and organic our movements will be.

Most musicians do not get much education in how to use their bodies other than the minimum needed to play their specific instrument. Perhaps this is why 85% or more of all professional musicians suffer debilitating injuries at some point in their career.

Musicians move for a living! We need our bodies to work properly in order to carry out our work.

Imagine getting a new computer or a household appliance and not having

the instructions....

Most of us are using our bodies like that - without the instructions!

This is where Body Mapping (BM) comes in. It was developed by a certified AT teacher and cello professor, Bill Conable, who realised how much quicker his cello students improved their movements and playing when they understood the structure of the body part involved. His wife, Barbara Conable- also an AT teacher, then wrote the first book about BM called 'What every musician needs to know about the body'. Since then several instrument specific books have been written about how to apply BM to playing and it has grown into a huge international organisation now called 'Association for Body Mapping Educators' (ABME). The main difference between BM and AT is that in BM no hands are placed on the student, but the student is encouraged to explore their own body in order to deeply understand it's structure; so that he/she can gain the understanding of how to move according to an accurate body map.

Do you actually know where your arm begins? If I told you it only has one joint with the rest of the skeleton - where would that be? Where are your hips? What is a shoulder? Which muscles are actually designed to lift your arms ?

Are you able to play your instrument all day without pain? Would you like to?

Body Mapping can help you find a way to do just that!

For more information you can write to asdisviola@gmail.com or look at the ABME website: <https://www.bodymap.org>

