

What Every Musician Needs to Know about the Body: the complete course

How the way we stand, sit and breathe affects

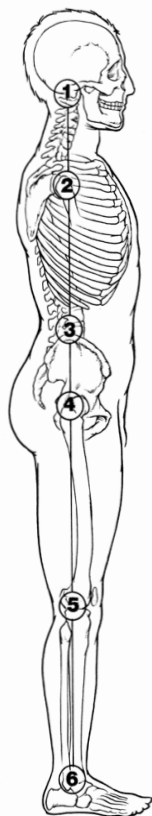
- **practice**
- **performance**
- **teaching**

with Vanessa Mulvey, M.M. & Lea Pearson, D.M.A.

9-hour workshop

**Saturday, March 10. 10am-5pm &
Sunday, March 11. 9am – 12 noon**

Manchester Community Music School
2291 Elm Street, Manchester, NH



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Practical strategies to

- **reduce pain**
- **decrease tension**
- **prevent injury**
- **free breathing**
- **improve technique**
- **enhance musicianship**

For musicians & music teachers
who wish to learn how to use
their bodies more effectively
in playing & teaching.

Valuable for students
& teachers of all ages

For more information, visit www.BostonBodyMapping.com

To register, call Lea Pearson at 614-353-7259 or email leapearson@mac.com

For more information about MCMS, call Judy Teehan at 603-644-4548