

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

The way we stand, sit and breathe affects

- practice
- performance
- teaching

**with Lea Pearson, D.M.A.**

**Saturday, March 23. 9:30am-5:30pm**  
Manchester Community Music School  
2291 Elm Street, Manchester, NH



### 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.flutibia.com](http://www.flutibia.com)

Fee: \$125; \$100 for students

To register, call Lea Pearson at 614-353-7259 or email [leapearson@mac.com](mailto:leapearson@mac.com)

For information about MCMS,

call Judy Teehan at 603-644-4548 or email [jteehan@mcmusicschool.org](mailto:jteehan@mcmusicschool.org)