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An Alexander Technique Approach To Conducting (Conductors') Technique

The Alexander Technique



by Ethan Kind, M.M.,
Certified A.C.A.T., Am.S.A.T.



Synopsis

This ebook uses the Alexander Technique principles of good posture and technique to assist the conductor. It is the intention of this ebook to help the conductor create a personal technique and posture that allows you to find the most mechanically advantageous way to conduct. This ebook is filled with concepts that will help you explore what you've been doing technically and posturally as you conduct, and to assist you in finding a way to conduct, so that conducting is easier and kinder to the body. The topics are: What the Alexander Technique Offers Conductors; Posture; Torso, Shoulders, and Breathing; Hands, Arms, and Shoulders; Direction (how to be fully upright); Inhibition and Conducting (letting go of bad habits); Communication in Opposition to the Performers (way you connect to the orchestra or choral group); Whole Body Guided Release before Conducting; When You're Not Doing Something, Don't Continue to Do It; The Reasons Why Conductors Resist Releasing Poor Physical Habits; As a Gift (intention of your conducting); and COLLECTED ESSAYS. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. DON'T HAVE A KINDLE? You can download the FREE Kindle application and read this ebook on your computer.

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