

# Music Mind Movement

What Every Musician Needs  
to Know About the Body<sup>©</sup>



with **Amy Likar** and **Stacey Pelinka**

February 24 – March 30, 2012

9:30 am -12:00 pm

\$250 for full session and \$50 for drop-in



Feldenkrais Awareness Through Movement

## Experience:

- dramatic changes in your playing.
- greater ease in comfort in your practice and your everyday life
- freedom from right/wrong dichotomy that musicians often get stuck in.
- dynamic process-oriented rather than goal oriented learning,
- curiosity rather than judgment.

Learn to know yourself better through Feldenkrais Awareness through Movement and Alexander Technique Body Mapping lessons. Your natural ease and confidence will unfold!

Stacey Pelinka has presented Feldenkrais Method workshops at the San Francisco Conservatory, the California College of the Arts, and the National Flute Association annual convention. She teaches a bi-weekly class for musicians and staff at the San Francisco Symphony. [www.staceypelinka.com](http://www.staceypelinka.com)

Amy Likar has presented Body Mapping and Alexander Technique workshops at the S.F. Conservatory, the Guildhall School of Music and Drama, the Juilliard School M.T.N.A. Conference and colleges throughout the U.S. As a flutist, Amy performs with the Oakland East Bay Symphony, and other groups in the bay area. [www.bodymap.org](http://www.bodymap.org).

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