

Singing With Your Whole Self: The Feldenkrais Method And Voice - , Elizabeth Blades-zeller

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Teaches performers to use the Feldenkrais Method to ameliorate problems of tension, muscle strain, and illness in order to obtain optimal vocal performance. Singing with Your Whole Self contains an important and unique feature: modularized Feldenkrais "Awareness through Movement" lessons. These are specifically designed for liberating function in all musicians and in singers in particular. Modularized lessons allow the user to choose between functionally useful short segments or entire lessons. Author: Nelson, Samuel H. Author: Blades-Zeller, Elizabeth Publisher: Scarecrow Press Illustration: N Language: ENG Title: Singing with Your Whole Self: The Feldenkrais Method and Voice Pages: 00200 (Encrypted EPUB) / 00200 (Encrypted PDF) On Sale: 2012-08-07 SKU-13/ISBN: 9780810840492 Lib Category: Singing - Instruction and study Lib Category: Feldenkrais method Category: Music : General Category: Music : Instruction & Study - Voice

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