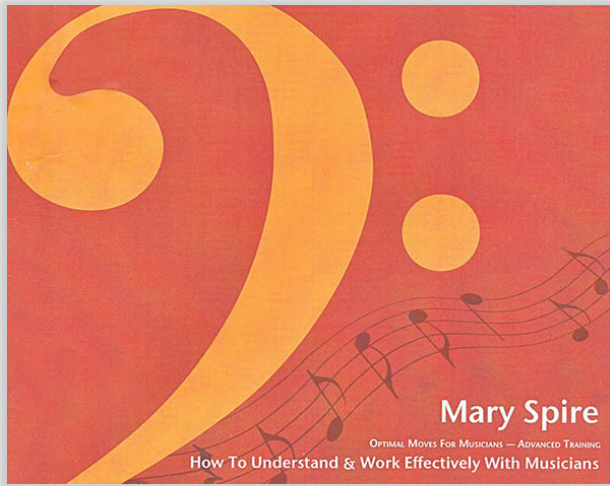




Mary Spire

How to Understand and Work with Musicians

Playing and performing music requires precision, creativity and the fortitude of an endurance athlete. This two-day advanced training focuses on the specific skills musicians need to play and perform. Mary artfully demonstrates how to pinpoint what the musician/student is not aware of, or isn't doing yet, that may be interfering with their full satisfaction as they play. The DVD includes three live demonstrations with musicians playing their instruments, a video case study and many stories that serve to show the creative and masterful way that Mary utilizes Feldenkrais® principles to assist the musicians in engaging more fully with their music and themselves. In addition the 4 DVD set includes a number of ATM lessons oriented specifically for musicians, as well as a printable PDF file of additional resources for practitioners working with musicians.



Mary Spire brings her extensive experience as an artist and musician to her work as a Feldenkrais teacher and trainer. She holds a Master of Music in Piano Performance from the University of Southern California and performed for many years before becoming a well-known Feldenkrais Practitioner. Mary has taught Feldenkrais to musicians widely, including at U.C. Berkeley, U.C. San Francisco, Boston University, McGill University, and the Tanglewood Music Center. Notably she taught the *Feldenkrais Method*® at the San Francisco Symphony's successful Prevention and Wellness Program for 18 years. Mary teaches internationally both as a trainer and to specialized audiences. She continues to maintain a private practice in Berkeley and Corte Madera, California, where she works with children, older adults, people with neurological conditions and performing artists.

Archived Resources - 4 x Video DVD's in case