**BODY MAPPING AND ALEXANDER TECHNIQUE FOR FLUTISTS**

As musicians, we seek to be musically compelling artists while at the same time we want to experience comfort and ease in our bodies while playing.

Using slide projections, interactive explorations, and discussion, Amy will take participants through explorations of how Body Mapping and Alexander Technique can help musicians achieve comfort and ease while at the same time increase musical enjoyment and artistic satisfaction.

Learn how to use your bones and muscles to their best advantage.

Learn how freeing the breath will free the arms and how freeing the arms will free the breath as it relates to each of these instruments.

Leave with tools you will be able to immediately apply in the practice room and the performance stage for your own comfort and musicianship.

Body Awareness and young flutists.  Learn how body maps change over time and affect your flute playing.

Learn how to use your skeletal system to support your breath and free use of your arms.

Then I will ask that 3 students are prepared to play for me in front of each other in master class style.  They won't need a pianist because the work is meant to be on how to apply everything we do in the first hour to their practicing and performing.

**AMY LIKAR**, flute and piccolo, is a San Francisco Bay Area based performing and teaching artist. Equally at home in an orchestra, as a chamber musician or as a soloist, Amy is also a passionate and committed teacher of all ages. As member of the Oakland Symphony, she is committed to the symphony’s mission of classical music for all and mentors for their Music for Excellence Program and advocates for music education on a regular basis.

For almost twenty years she has been an innovator and educator for musicians’ wellness as a teacher of Body Mapping and the Alexander Technique. She is the Director of Training for Andover Educators, a not for profit organization of music educators committed to saving, securing, and enhancing musical careers by providing accurate information about the body in movement.

Amy has been a soloist and guest artist at colleges and universities throughout the United States and Europe and a frequent performer and presenter at conferences and conventions throughout the world.

Amy Likar has been a Powell player for 23 years and is pleased to be a Powell Performing Artist.