



Singing with Your Whole Self: The Feldenkrais Method and Voice

Samuel H. Nelson, Elizabeth Blades-Zeller

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Singing with Your Whole Self teaches performers to use the Feldenkrais Method to ameliorate problems of tension, muscle strain, and illness in order to obtain optimal vocal performance. It 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. The first part of the book presents the theory explaining why this approach works in an easily understood and concrete fashion. The remaining chapters explore our anatomy by area and explain usage, problems and how these relate to singing; lessons throughout revolve around improving performance. Includes an index both by lesson and by problem, referring performers to the lessons most effective for a specific problem.

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