



**RIVERSIDE COUNTY
OFFICE OF EDUCATION**

EDWIN GOMEZ, Ed.D. | County Superintendent of Schools

*Visual and
Performing Arts*

POSTURE FOR PERFORMANCE:

BODY MAPPING

for Ensemble Musicians and Conductors

Wednesday, May 5, 2021

3:30 p.m. – 4:30 p.m.

Registration Required: No Cost

Register at: <https://rcoe.k12oms.org/485-200973>

Help your singers and instrumentalists move well and create a better sound! Body Mapping is the conscious correcting and refining of one's body map to produce efficient, coordinated, and effective movement and helps musicians avoid injury as well as enhances their technique. In Body Mapping, we learn to recognize the source of inefficient or harmful movement and how to replace it with movement that is efficient, elegant, direct, and powerful based on the truth about one's structure, function, and size. Through training senses and movement, we can learn to improve our whole-body use and awareness leading to a reduction in discomfort, increased technical skills and fluidity, enhanced performance awareness, and more musically convincing performances.



NICHOLLE ANDREWS
B.Mus., B.Mus. Ed., M.Mus., D.Mus

Originally from Newfoundland and Labrador, Canada, Dr. Nicholle Andrews is Director of Choral Studies at the

University of Redlands in Southern California, and Artistic Director of Phoenix Chamber Choir in Vancouver British Columbia. She is in high demand across North America as a conductor, adjudicator, and clinician.

Andrews is a licensed body mapping educator and her areas of research include the study of performance anxiety in musicians, pitch perception, and awareness of the body through conducting. Her publications can be found in sources such as the Journal of Research in Music Education and she is currently serving as the Collegiate Research and Repertoire Coordinator for the Western Division American Choral Directors Association. During the 2020 pandemic, Andrews created two virtual physicians' choirs: 50-voice Vox

For additional information, please contact:
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