

The book was found

An Alexander Technique Approach To Conducting (Conductors') Technique

The Alexander Technique



by Ethan Kind, M.M.,
Certified A.C.A.T., Am.S.A.T.



Synopsis

This ebook uses the Alexander Technique principles of good posture and technique to assist the conductor. It is the intention of this ebook to help the conductor create a personal technique and posture that allows you to find the most mechanically advantageous way to conduct. This ebook is filled with concepts that will help you explore what you've been doing technically and posturally as you conduct, and to assist you in finding a way to conduct, so that conducting is easier and kinder to the body. The topics are: What the Alexander Technique Offers Conductors; Posture; Torso, Shoulders, and Breathing; Hands, Arms, and Shoulders; Direction (how to be fully upright); Inhibition and Conducting (letting go of bad habits); Communication in Opposition to the Performers (way you connect to the orchestra or choral group); Whole Body Guided Release before Conducting; When You're Not Doing Something, Don't Continue to Do It; The Reasons Why Conductors Resist Releasing Poor Physical Habits; As a Gift (intention of your conducting); and COLLECTED ESSAYS. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. DON'T HAVE A KINDLE? You can download the FREE Kindle application and read this ebook on your computer.

Book Information

File Size: 469 KB

Print Length: 185 pages

Publication Date: January 12, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B004UC6G02

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #596,677 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

in Â Kindle Store > Kindle eBooks > Arts & Photography > Music > Theory, Composition & Performance > Conducting #133 in Â Books > Arts & Photography > Music > Theory,

Composition & Performance > Conducting #214194 in Kindle Store > Kindle eBooks > Nonfiction

[Download to continue reading...](#)

An Alexander Technique Approach to Conducting (Conductors') Technique Music for Beginning Conductors: An Anthology for Choral Conducting Classes/G7911 Vocal Technique: A Guide for Conductors, Teachers, and Singers Score And Rehearsal Preparation: A Realistic Approach For Instrumental Conductors Conducting Technique: For Beginners and Professionals Book The Grammar of Conducting: A Comprehensive Guide to Baton Technique and Interpretation Conducting Technique for Beginners and Professionals The Art of Conducting Technique: A New Perspective Conducting -- A Hands-On Approach: Book & CD Auditing: A Risk Based-Approach to Conducting a Quality Audit Auditing: A Risk-Based Approach to Conducting a Quality Audit (with ACL CD-ROM) The Maestro Myth: Great Conductors in Pursuit of Power Cantabile - A Manual about Beautiful Singing for Singers, Teachers of Singing and Choral Conductors Percussion Methods: An Essential Resource for Educators, Conductors, and Students Woodwind Methods: An Essential Resource for Educators, Conductors & Students The Dynamic Orchestra: Principles of Orchestral Performance for Instrumentalists, Conductors and Audiences The Musician's Soul: A Journey Examining Spirituality for Performers, Teachers, Composers, Conductors, and Music Educators/G5095 Hal Leonard Percussion Methods: An Essential Resource for Educators, Conductors, and Students Choral Concepts: A Text for Conductors What Are Insulators and Conductors? (Understanding Electricity) (Understanding Electricity (Crabtree))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)