School of Music
Wellness Classes

Mus 204 - Body Mapping for Musicians
Course Description: This beginning level course is designed to provide musicians with anatomical information about the body in movement, which will help them play and sing without pain, tension or injury. The curriculum will also include information about hearing loss prevention and coping with performance anxiety. Classes include lectures, group activities and master classes.
Prerequisite: None

Mus 446/546 - Coordinate Movement Master Class Fall Term
Course Description: The Fall Term of this three-term course focuses on Body Mapping and provides musicians with anatomical information about the body in movement. This information will help them play and sing without pain, tension or injury. The curriculum will also include information about hearing loss prevention and coping with performance anxiety. Classes include lectures, group activities and master classes.
Prerequisite: None

Mus 447/547 - Coordinate Movement Master Class Winter Term
Course Description: A course providing information for pianists about piano technique from an anatomical perspective. The fundamental principles taught promote facility in performance and practice and prevent injury. Classes include lectures, group activities and master classes.
Prerequisite: Intermediate skill level at the piano in any style of music.

Mus 448/548 - Coordinate Movement Master Class Spring Term
Course Description: Advanced topics in Body Mapping will be explored and students will learn how to utilize Body Mapping principles in their teaching. Classes include lectures, group activities and master classes.
Prerequisite: Body Mapping 204 or Coordinate Movement Master Class Fall Term.

Mus 199/399 – Wellness for Musicians
Course Description: In this course musicians learn to prevent injury and create a healthy lifestyle for themselves. Students explore course topics through readings, lectures, essays, discussions and group activities. Topics of study include: how to practice, elements of a healthy lifestyle, stretch routines, preventing vocal strain, preventing hearing loss, Alexander Technique, Feldenkrais Method, psychological and emotional well-being, community resources, common musicians' injuries and treatment modalities.
Prerequisite: None

Mus 187 - Yoga, Relaxation and Flexibility for Musicians
Course Description: A course for musicians incorporating gentle stretching, mild postures, breathing and relaxation techniques. Class participants will be guided through activities drawn from the disciplines of yoga, Tai Chi, and general flexibility and relaxation exercises. There are no pre-requisites for this class. Equipment required: yoga mat and strap. Optional equipment: yoga block.
Prerequisite: None