

More Than Wrists and Fingers

*A participatory workshop for Piano Teachers
offering a coordinated exploration of*

What Every Pianist Needs to Know About the Body by Thomas Marks
Strategies for teaching efficient, expressive, pain free piano playing
Applications of the whole-person principles of the Alexander Technique

Six Thursday Mornings, 9:30 to noon
September 28 through November 2 in Shoreline
Enrollment limit of five to allow ample individual participation

Rick Asher, Instructor and Facilitator

Tuition: \$300

Registration deadline: September 15

Your deposit of \$100 will guarantee a place, refundable until August 15

For further information or to enroll contact Rick Asher at asher.rick@gmail.com
www.rickasher.com

Workshop Format: Each session will explore sections of What Every Pianist Needs to Know About the Body and introduce principles of the Alexander Technique. The remainder of the time will be structured in an emergent design format, allowing the interests of the participants to guide the choice of learning activities. We will experiment with playing and teaching based on how our bodies are actually designed and on how Alexander Principles can ease and enhance both our own music making and our music teaching.

Information about Thomas Mark's book, What Every Pianist Needs to Know About the Body:
<https://www.giamusic.com/store/resource/what-every-pianist-needs-to-know-about-the-body-book-g5883#>

Information about the Alexander Technique:

www.rickasher.com

<http://cathymadden.net/what-is-the-alexander-technique.html>

<https://alexandertechnique.com/at/>

Rick Asher, an active member and Secretary of Edmonds Music Teachers Association, has extensive experience in music education, having taught and conducted instrumental and vocal music from elementary through university to adult levels. He is a pianist who teaches both piano and voice in his private studio in Shoreline and holds Bachelors and Masters degrees in Music Education, both degrees focusing on piano and conducting. In his forties, awareness of increasing tension and discomfort while playing and singing prompted him to seek training other than traditional music lessons. That led to thirteen years of intensive study of the Alexander Technique with internationally recognized AT specialist, Cathy Madden. The discomfort disappeared and the joy of music making returned in abundance! The Alexander Technique is now deeply embedded in all of his teaching - and in his life.