

## THE BODY, FIRST INSTRUMENT OF A MUSICIAN

With Suzanne Charbonneau

**May 1-3, 2020 - 3 days -15 hours (musicians) or 18 hours (practicians)**

### Times

Friday (public holiday): 11a.m. to 1p.m. 2 to 5p.m. + 5.15p.m to 6.15p.m for the practicians

Saturday and Sunday: 10a.m. to 1p.m. 2 to 4p.m. + 4.15p.m to 5.15p.m for the practicians

### Registrations and financial support

20 people maximum :

10 musicians, choir conductors or professional singers and 10 Feldenkrais practitioners.

Registrations will be taken into account in order of arrival on a first-come basis, within available capacity, and after application has been accepted.

Financial support is available through OPCO (Afdas, Uniformation, FIPPL...) and employers.

A discount rate is possible for individual financing.

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### Workshop venue

Compagnie D' un instant à l'autre's studio in Quincerot (21500), Burgundy, France.

### Participants' professional profiles

Instrumentalists, singers, choir conductors, Feldenkrais™ practitioners.

### Overall description

Even though the body is a musician's first instrument, body awareness is very often neglected during musical training. However emphasising musical performance without include the body to its intimate connection and special bond with the instrument weakens the performer's health. Somatic education and more specifically the Feldenkrais™ method offers concrete strategies to get through the long hours of practice required for music instrument mastery, with no injuries.

### Teaching tools

#### 1. Theoretical approach

- Practice analyses
- Feldenkrais method's pedagogical specificities, and transposal of this approach to instrumental practice.
- Feldenkrais method's standpoint within somatic education techniques.
- Presentation and visual illustration of anatomical features and their function.

## 2. Bodywork approach

First of all the workshop will focus on the mobility of the ribcage and spine in connection to breathing and grounding. Posture becoming more optimal and presence further embodied, we will continue by including the use of the arms and hands to the mobility and steadiness of the torso and more specifically its connection to the pelvis. The sessions will take place in various situations : lying on the floor, sitting and standing.

These topics will be organised through:

- Verbally guided movements explorations, without the use of an external model
- The development of a more appropriate posture and coordination
- Awareness of one's own habits
- Identification of unnecessary tensions during a specific gesture
- In search of efficient movement, embodied presence, and greater relaxation
- Returning to neutral posture after practising an instrument

# CURRICULUM VITAE

## SUZANNE CHARBONNEAU



Suzanne Charbonneau is from Quebec and lives in Montreal. She finished her training in somatic education with Moshe Feldenkrais, in Amherst in 1983, and her training as a psychologist in 1985. As a Guild certified Feldenkrais assistant-educator, in North America in 1989, she participated in professional trainings in Europe, United States and Canada. She has been teaching the Feldenkrais method for over 30 years. She has also been an instructor at the Montreal Conservatoire d'art dramatique and at the dance department of the University of Quebec in Montreal.

Today and since 10 years, she co-directs the Quebec somatic education training school, and thus trains a new generation of somatic instructors within Quebec. Applying the work of body awareness which involves presence, research and development of its potential is of great interest to her. The enforcement of neuroplasticity concepts in the fields of health, arts, child development and education in general are a source of inspiration in her teaching.

<https://suzannecharbonneau.com/>

<http://www.formation-education-somatique.ca>

### D'un instant à l'autre

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