

Alexander Technique Tips for Musicians

By Eric and Sara Miller, M.AmSAT

1. Keep an open, light, experimental attitude when practicing and performing.
2. Less is more. By using less tension as you play/sing, you will not fatigue as quickly and your sound will improve.
3. Have an awareness of the joints in your arms and legs (shoulders, elbows, wrists, hips, knees, ankles) and top of neck. These joints should be free and mobile as you play.
4. Remember to breathe.
5. Have an awareness of the space around you as you play.
6. If you are sitting, sit on your sit bones with your legs in front of you and feet on the ground so that your spine can lengthen up.
7. You can look at your instrument as you play, but try to avoid collapsing into it. You can look down at your instrument by moving the eyes and pivoting the head on top of the spine.
8. Think of your fingers releasing into your instrument, not pulling away from it.
9. Allow the sound of your instrument to come to you, don't go to the sound. The sound waves will travel to you.
10. Try not to put more emotion into the music with physical tension. A performance will be more musical when it is not being forced.
11. Lastly, have fun and try not to get too serious!

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