



Alexander Technique for Strings with Joseph Arnold

Workshop Descriptions

For young strings players:

What every young strings player should know about the body

Experience less “ouch!” and more fun by learning about the body’s role in music-making

Problems like muscle soreness, excess tension, bow shake, and “beginner’s sound” are all connected to how you use your body and can be alleviated by learning more about your body’s structure and natural movements. Drawing on lessons from anatomy, “Body Mapping,” and the Alexander Technique, you will walk away with a new appreciation of your body’s role in music-making and with practical tips on how to relax while playing.

How to get better - without practicing!

Learn how letting go of excess tension can improve all areas of your playing

Excess muscle tension can get in the way of every aspect of strings playing: how you feel, your technique, and your sound quality. In this workshop based on the Alexander Technique you will learn simple and powerful techniques for releasing excess muscle tension while playing music so you’ll feel better, have more fluid technique, and have a more resonant sound. You’ll be amazed at the immediate difference in your sound!

Making performing less scary

How to feel more confident, calm, and creative on stage

Performing can be a scary experience for many musicians, but can become more enjoyable and fun when you have the right mind-set and tools. This workshop uses practical self-help tools from the Alexander Technique, sports psychology, and mindfulness meditation so you can relieve performance anxiety and feel more confident, calm, and creative on stage.

The “secret” of resonance

How letting go of excess tension can make your instrument ring beautifully and freely

A stringed instrument is like a wooden bell - it's built to ring! However, excess muscle tension dampens the vibration of your instrument and bow. In this workshop based on the Alexander Technique you will learn how to dramatically increase the resonating power of your instrument, simply by letting go of excess muscle tension.

Playing from the heart

Fill your music with joy, fun, and love by learning how to play from the heart

As an audience member, you might feel moved by a performance that “comes from the heart.” And as a performer, you might find the performances most satisfying to give also “come from the heart.” But how do you actually do this? Drawing on lessons from “Focusing” and the Alexander Technique, you will learn simple and specific techniques for being able to give heartfelt performances so that your music becomes filled with joy, fun, and love.

For adult strings players:

Your body is your instrument

Feel better, sound better, and play better with a body-based approach

Excess muscle tension can get in the way of every aspect of strings playing: how you feel, your technique, and your sound quality. In this workshop you will learn simple and powerful techniques for releasing excess muscle tension while playing music so you'll feel better, have more fluid technique, and have a more resonant sound. Drawing on lessons from anatomy, “Body Mapping,” and the Alexander Technique, you will walk away with a new appreciation of your body's role in music-making and with practical tips on how to relax while playing.

Overcoming musician's injuries

Learn the real underlying causes of musician's injuries and how to relieve them

[Studies](#) show that chronic muscle and joint injuries affect the majority of strings players. However, many treatment options offer dissatisfactory long-term results because they focus on the symptoms, rather than the root cause, of these injuries. Complete and lasting relief from many typical musicians's injuries is, however, possible through retraining your body to use less tension while playing music and in daily life. Drawing on lessons from Joseph's own recovery from pain using the Alexander Technique, this workshop will give you the framework and tools you'll need to recover from your own injuries.

Relieving performance anxiety

How to feel more confident, calm, and creative on stage

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The “secret” of resonance

How letting go of excess tension can make your instrument ring beautifully and freely

A stringed instrument is like a wooden bell - it's built to ring! However, excess muscle tension dampens the vibration of your instrument and bow. In this workshop based on the Alexander Technique you will learn how to dramatically increase the resonating power of your instrument, simply by letting go of excess muscle tension.

Playing from the heart

Express yourself through music with joy, fun, and love by learning how to play from the heart

As an audience member, you might feel moved by a performance that “comes from the heart.” And as a performer, you might find the performances most satisfying to give also “come from the heart.” But how do you actually do this? Drawing on lessons from the “Focusing” method and the Alexander Technique, you will learn simple and specific techniques for being able to give heartfelt performances so that you music becomes filled with joy, fun, and love.

For strings teachers:

How to help your students let go of tension

Learn how to help your strings students let go of the muscle tension that gets in their way

It's clear to many strings teachers that excess muscle tension gets in the way of their students' technique, sound, and comfort, but few teachers were ever taught the tools to satisfactorily help their students in this way. Based on the Alexander Technique, this workshop will teach you simple and practical methods for helping your students relax so that their technique, sound, and comfort all improve.

Want to schedule a workshop for your students or colleagues? Contact

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