

**Are you as in touch with your body as with your instrument?
Do you care as well for your body as for your instrument?
Is playing a relaxed and problem-free experience?**

If you cannot confidently answer 'yes' to the above questions, then you might consider acquainting yourself with Cesar or Mensendieck practice therapy for musicians.

For a non-binding consultation please contact:

For musicians, proper physical control is essential to a relaxed performance: whether you are an instrumentalist, singer or conductor, making music involves the body as much as it does the instrument. Poor posture can have a detrimental effect on one's physical well-being: inflammation in the muscles, tendons and joints, respiratory problems and impaired playing technique. All these symptoms can be treated - or, better yet, they can be prevented - by applying the principles of Cesar or Mensendieck therapy, specially tailored to the needs of performing musicians. These therapies offer individual programmes concentrating on the specific technical aspects of each instrument.

The practice therapist will analyse your playing posture and movements and indicate how these can be modified.

In the beginning the musician will have to concentrate on applying his or her improved posture, but it will soon become automatic. Pain and other complaints will diminish and performing will become noticeably more free and relaxed. And that will be reflected in the music itself.

The treatment also deals with related elements of performance: the practice routine (responsible allotment of practice time, warming up and cooling down), stress management (playing in public, auditions and concert preparation), ergonomics of the instrument (neck straps, support pins, chinrests, etc.) and natural breathing.

In addition to individual treatment, group workshops can be organised for students and/or teachers at music schools, conservatories, amateur music organisations or orchestras.

Cesar and Mensendieck practice therapies are recognized paramedic treatment methods. Please consult your health insurance policy for coverage conditions. Your GP, medical specialist or company doctor can refer you to a Cesar or Mensendieck practice therapist. For addresses please see: www.gezondmusiceren.nl

This is a publication of the Mensendieck and Cesar Practice Therapy Workgroup for Musicians.