

Janelle DeStefano
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Request for materials
New course: Music 22 Mind Body Awareness for the Musician

General – Includes different modalities

1. The Balanced Musician: Integrating Mind and Body for Peak Performance, McCallister, L.S.; Scarecrow Press; 1st edition © 2012, ISBN-13: 978-0810882935, ISBN-10: 0810882930 (Cognitive, Sports Psychology, Meditation, Yoga)
2. So You Want to Sing with Awareness, Hoch, Mathew, Rowman & Littlefield Publishers; Illustrated edition © 2020, ISBN 978-1-5381-2472-7 (Chapters on Alexander Technique, Feldenkrais, Yoga, Pilates, Body Mapping, CoreSinging, Meditation, Tomatis Listening, Cognitive Neuroscience, Motor Learning Theory)

Alexander Technique

1. How to Learn the Alexander Technique: A Manual for Students, Conable, B.H., Conable, W.; Andover Press.; 3rd edition © 1995 ISBN 0-9622595-4-3
2. The Alexander Technique for Musicians (Kingfisher Readers), Kleinman, J., Buckoke P., Methuen Drama; Illustrated edition © 2014. 978-1408174586

Body Mapping

1. What Every Musician Needs to Know About the Body: The Practical Application of Body Mapping to Making Music, Conable, B.H.; Andover Press.; 2nd edition © 2000, ISBN 0-962295-6-X
2. What Every Singer Needs to Know About the Body, Malde, M., Allen M., Zeller, K-A Plural Publishing, Inc.; 4th edition © 2020, ISBN13: 978-1-63550-261-9
3. What Every Pianist Needs to Know About the Body, Mark, T., GIA Publications, Inc.; © 2003
4. The Structures and Movement of Breathing: A Primer for Choirs and Choruses, Conable, B., GIA Publications, Inc.; © 2000
5. What Every Violinist Needs to Know About the Body, Johnson, J., GIA Publications, Inc.; © 2009

Yoga

1. Musicians Yoga: A Guide To Practice Performance And Inspiration, Olsen, M., Berklee Press/Hal Leonard Corp.; 1st edition © 2009, ISBN 978-0-87639-095-5
2. Yoga for Musicians: How to regain your balance, stay pain free and become more successful, Giegling, K.N.; inspiriert Verlag e.K. © 2019 ISBN: 978-3945719237

Tai chi and Qigong

1. The Tao of Voice: A New East-West Approach to Transforming the Singing and Speaking Voice, Cheng, S.C., Destiny Books; © 1991, ISBN: 978-0892812608