

Playing With the Body in Mind

With Zohara Rotem

25 September 2017 (2.30PM to 4.30PM)

26 September 2017 (9.00am to 3.30PM)

The Dance of Movement and Sound

“Playing with the Body in Mind” involves co-operation of natural movements of the human body and the ergonomics of the piano.

When body and mind work together it allows more freedom and easiness of body in the exploration of sound.

"Playing with the Body in Mind" is an holistic and natural way of playing , that creates a healthy technique with which pianists enjoy playing with ease and naturalness.

“Playing with the Body in Mind” is inspired and based on Feldenkrais method, Taubmann Approach, Tai chi and Qi Gong.

When you play the piano with body awareness, the music becomes a source of exploration and creativity.

It emphasizes the connection between body awareness and the creation of beautiful sound.

Zohara has adapted “Playing with the Body in Mind” to the Suzuki piano repertoire, using Dr Suzuki’s Law of Ability.

Teaching very young children reinforces the need to look after the body and help a child develop healthy habits.

Each piece in the Suzuki repertoire has been scrutinised and analysed to offer optimum fingering, technique and musicianship in performance.

Teachers who study and/or re-visit the repertoire, with “Playing with the Body in Mind” experience transformation in the way they play, teach and live.

Suzuki Music Institute, unit 1/1 Central Ave, Thornleigh