

BodySmarts for Musicians Demos & Classes

David Behrstock Ed.M, Certified Teacher of the Alexander Technique



BodySmarts trains the musician's body and mind to coordinate and integrate the complex physical and mental activities of music making resulting in better posture, positioning, breathing, tone, and overall coordination.

Demos: Free & Open to the Public

Adults: Thurs., March 9 @ 7-8:30pm

Children (Ages 10+): Sat., March 11 @ 3-4:30pm

Classes: \$120 - 4 weeks

Adults: Thurs., March 23 - April 13 @ 7-8:30pm

Children (Ages 10+): Sat., March 25 - April 15 @ 10-11:30am

Pre-Registration Required

indian hill
music school

36 King Street, Littleton, MA
978-486-9524 (press 0)
www.indianhillmusic.org