



Dalcroze Canada presents ...

“Sundays at 2”

Sunday, March 7, 2021
from 2:00 – 4:00 EST

with **Jillian Beacon**

Guild Certified Feldenkrais Practitioner

PhD Candidate, Human Kinetics, U. of Ottawa

**Crafting an embodied self-image for musicians:
Adapting Strategies from *The Feldenkrais Method*
to enhance music learning**

Jillian Beacon is an affiliated teacher/practitioner with the University of Ottawa *Musicians' Wellness Centre* where she applies her knowledge of the Feldenkrais Method to help musicians learn to sense and feel themselves while playing, in order to experience more freedom and comfort in movement and enhanced expression and sensitivity in their performances.

The Feldenkrais Method is a gentle form of sensorimotor education that uses slow movement and mindfulness to help individuals develop a refined sense of their moving selves and improve the comfort and quality of their movement.

Comfort and ease are essential to the Feldenkrais Method: at no time will participants be asked to stretch or strain their bodies. Movement sequences can be adapted by the practitioner to specific needs or movement limitations.

Zoom Access: Free for Dalcroze members, \$20.00 for non-members. Zoom link to be sent after registration closes, on Friday, March 6, at 4:00 pm EST

For more information, or to register for this event, please go to:
<https://www.dalcrozecanada.com>

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