

# **Body Mapping Workshop For MTAC Music Teachers**

**Presenter: Ruth Kasckow**

**Sunday, May 19, 3-5 pm  
Rosemary Yang Studio  
1425 Westminster Ave, Alhambra, 91803**

You may have heard about Body Mapping for musicians and wondered what it is. Here's your chance to find out!

Here's what you'll learn!

- What a body map is and how it affects how we play and sing
- How Body Mapping improves yours and your students' playing
- How Body Mapping helps prevent limitations, tension, pain and injury
- How you and your students can play and sing with more ease, comfort and joy

**This workshop is for all teachers of all instruments.**

**Wear comfortable clothes.**

**RSVP to [mtacpasadena1947@gmail.com](mailto:mtacpasadena1947@gmail.com) by Friday, May 17**

MTAC Pasadena member Ruth Kasckow is a licensed Andover Educator who teaches Body Mapping, an innovative method specializing in teaching musicians how to move to prevent injury and improve musical performance. To find out more about Body Mapping check out Ruth's website <https://www.flutemuse.com/body-mapping-for-musicians> and Andover Educator's website <http://bodymap.org/main/>.

**Questions about the workshop? Call/text Ruth at 626 840 9716  
or email at [rkasckow@flutemuse.com](mailto:rkasckow@flutemuse.com).**