

**My Body!? Where's That?**

**Ability** 🎵🎵

**(Pilates for Cellists and other String Players)**

**27 – 29 Feb, 2004**

**Felicity Vincent and Monja Boonzaier**

Musicians aren't taught much about their physical make-up, yet a string-player hoping to shape a phrase like the most sophisticated singer needs a high degree not only of musical but of physical awareness. Regular exercise can both prolong and enhance your playing life. This weekend will introduce players to their muscles, bones and joints, and the anatomy of breathing, keeping the spine mobile and strengthening the abdominal muscles. We shall discuss necks, shoulders, elbows, thumbs and lower backs, sitting and end-pin design.

Aimed at students and pros.; teachers and players who work long hours; players who want to play, and feel, better.

Please bring loose clothing, socks and your instrument.

**Felicity Vincent** has been giving cello recitals throughout Europe for the past twenty years; in 2002 she played the complete Bach solo suites as a concert series in London. She has found in the Pilates exercise system a way of developing both her strength and her control to the point where, as she says, "I can now understand very simple things Janos Starker tried to teach me a quarter of a century ago – and do them!". She has published articles on 'Pilates for Cellists' in the E.S.T.A. newsletter and Strings magazine (USA), and lectured for the British Performing Arts Medicine Trust on 'The Musician as Athlete'. Her career began as a member of the Hallé Orchestra and she has played in the Toronto Symphony and Israel Philharmonic.

**Monja Boonzaier** comes from Johannesburg. An active dancer trained at the University of Cape Town School of Dance and the London Contemporary Dance School, she has completed the two-year Pilates Foundation training course and is also versed in the Feldenkrais method. She was Felicity's partner in their B. P. A. M. T. presentation on The Musician as Athlete.