

The Balanced Musician Integrating Mind And Body For Peak Performance

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The Balanced Musician: Integrating Mind and Body for Peak ...

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Musicians have acknowledged the importance of understanding the body/mind connection in staying healthy and its vital role in being able to enjoy a lifetime of effortless and joyful music-making. More recently, musicians are recognizing that focusing on the "whole" person is crucial to realizing their musical potential and helping their students maximize their innate abilities as performers.

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