



## Alexander Technique Level I

*Elinore Morin, Instructor*

## Yoga for Musicians

*Instructor TBD*

**MUS 491.097 | 1 credit**

**FALL 2024**

**MUS 491.099 | 1 credit**

The basic principles and practical tools of the Alexander Technique will be explored. The Alexander Technique combines both cognitive and kinesthetic faculties. Classes will involve hands-on guidance in movement, as well as questions and discussions. Topics will include: how to prevent excessive tension while playing or singing, how to develop fluidity in arm and hand gestures, strategies for coping with nerves and the resultant over-tension that often occurs, and finding and renewing inner balance. Basic functional anatomy will be included to cultivate greater understanding of how we work!

**Wednesday | 5:00 - 5:50 p.m.**

In this course, students will learn the basic skills of yoga such as movements, positions, coordination, and flexibility.

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College of Music  
MICHIGAN STATE UNIVERSITY

*Can be used for Elective Credit - Please confirm with your advisor.*