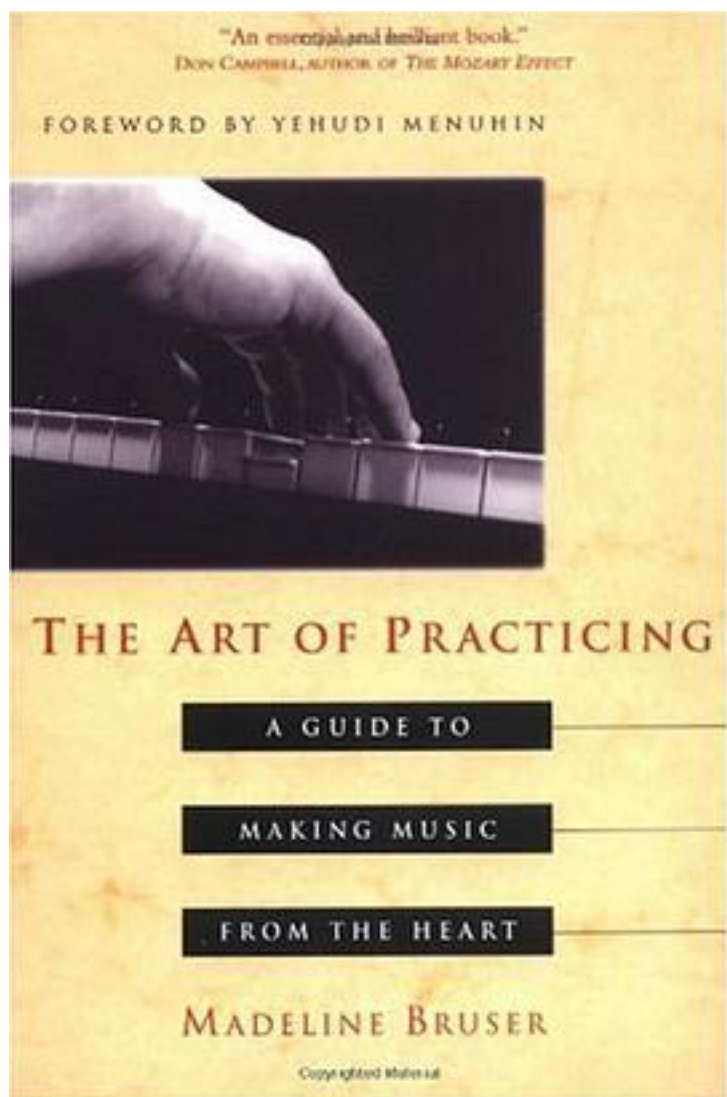


The Art of Practicing



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著者:Madeline Bruser

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This landmark book enlightens amateur and professional musicians about a way of practicing that transforms a sometimes frustrating, monotonous, and overly strenuous labor into an exhilarating and rewarding experience. Acclaimed pianist and teacher Madeline Bruser combines physiological and meditative principles to help musicians release physical and mental tension and unleash their innate musical talent. She offers practical techniques for cultivating free and natural movement, a keen enjoyment of sounds and sensations, a clear and relaxed mind, and an open heart and she explains how to

Prepare the body and mind to practice with ease

Understand the effect of posture on flexibility and expressiveness

Make efficient use of the hands and arms

Employ listening techniques to improve coordination

Increase the range of color and dynamics by using less effort

Cultivate rhythmic vitality

Perform with confidence, warmth, and freedom Photographs show essential points of posture and movement for a variety of instruments.

作者介绍:

玛德琳娜·布鲁瑟尔曾作为独奏者和旧金山以及丹佛交响乐团演出过。她在曼哈顿音乐学校、梅德阿尔特世界艺术与医学大会、斯坦威音乐厅和美国及加拿大的大学音乐系与音乐教师组织主持过研讨班和工作室。她还正在自己私人授业的纽约城音乐教室开设一系列讲座。

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标签

音乐

钢琴

教育

Englishbook

评论

“One of the Chinese symbols for the word 'joy' also means 'music'.”

瑜伽及其之前挺好的

好像看完后就再也没有摸过琴了 尴尬。。。

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书评

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