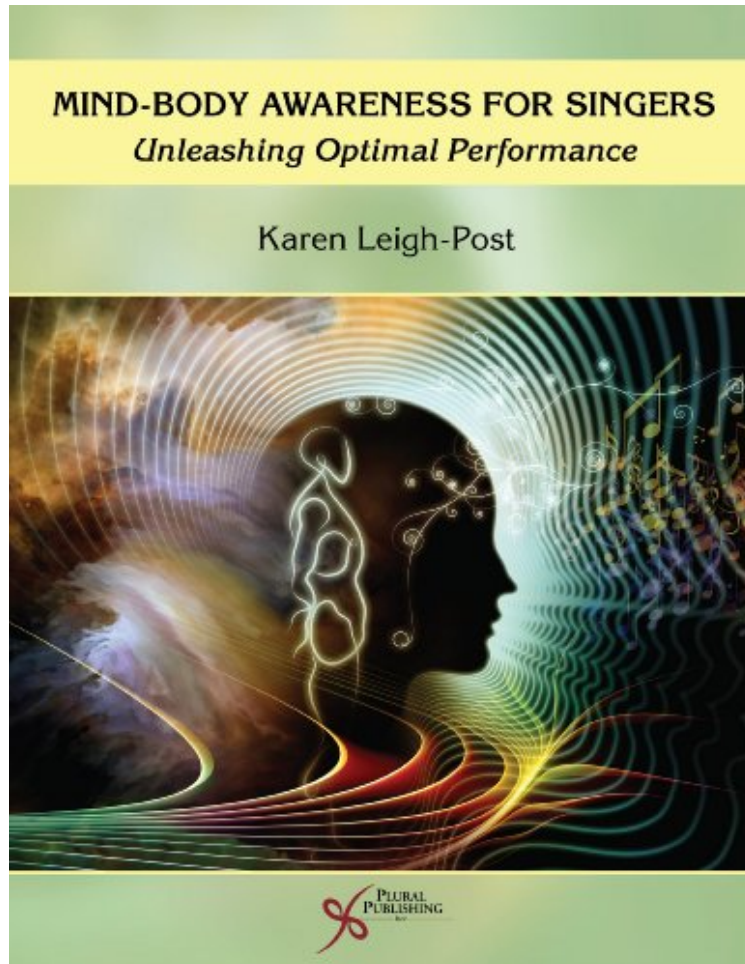


Mind-Body Awareness for Singers: Unleashing Optimal Performance

Karen Leigh-Post

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#2369381 in Books 2014-07-01Original language:EnglishPDF # 1 10.90 x .40 x 8.50l, .0 #File Name: 1597564443264 pages | File size: 77.Mb

Karen Leigh-Post : Mind-Body Awareness for Singers: Unleashing Optimal Performance before purchasing it in order to gage whether or not it would be worth my time, and all praised Mind-Body Awareness for Singers: Unleashing Optimal Performance:

0 of 0 people found the following review helpful. A heavy dose of informationBy Deborah BermanI bought this for my daughter in law as a birthday gift after seeing it on her wish list. She had taken a class with the author as a singer and yoga instructor. She says however, that the book is heavy with details that she didn't need. My complaint is that it is very expensive.

Mind-Body Awareness for Singers provides a fundamental understanding of functional anatomy and cognitive neuroscience, which guides singers and teachers of singing in unlocking the mystery of the mind-body link. New

theories and concepts, rooted in both the wisdom of the masters and current and unique scientific research, are introduced from the refreshingly meaningful internal perspective of the performer. Practical-application exercises train the mind of the singer to work with, rather than at cross purposes with, the systems of singing. Performers learn how to integrate the cognitive and conscious, the imaginative and alert mind, with the subconscious sensory and motor processes of our nervous system to intuitively guide elite integration of the complex audio-motor behavior that is singing. By mapping not only the body's musculoskeletal structure but also the body's voluntary and involuntary (reflexive) behavioral responses generated from the neuropathways, the vocal artist is empowered with an ability to maintain with ease: Optimal performance, characterized by elite execution, coordination, and self-correction of the well-learned, highly automated, complex sensorimotor behavior of singing. An ideal performance state, characterized by heightened awareness, vigilant attention, and autonomic balance or calm, absent of anxiety. Imagery, or mental manipulation of a mental representation of a sensory event, characterized by an ability to express one's thoughts and feelings as guided by an infinite supply of phenomenal images. A product of the imagination, imagery is a conscious and cognitive function of the working memory that, it would seem, cannot be delegated to automated behavior.

About the Author Karen Leigh-Post, DMA, is on the voice faculty at the Lawrence University Conservatory of Music, Appleton, WI, and was invited to present her research at the National Conference of the National Association of Teachers of Singing (NATS) in 2010. In keeping with the liberal arts tradition, Dr. Leigh-Post has engaged in interdisciplinary studies throughout her performing and teaching career. Her extensive study of the interaction of mind and body includes first-hand work with Alma Thomas, Barbara Conable, Ryugin Myo-O, and Wesley Balk, and spans a broad range of disciplines, including the Alexander Technique, the Feldenkrais Method, yoga, fencing, Chi Qong, and dance.