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Qigong for Musicians

Ferrwood Music Camp, in keeping with its goal of providing a unique musical experience, is proud to announce a morning workout -- **Qigong for Musicians!**

Qigong (pronounced 'chee-gong') is an ancient form of exercise ideal for people of all ages and fitness levels based on the principles of Classical Chinese Medicine. Instructor Mark R. Reinhart, being a life long musician, has designed a workout to address some of the common concerns and challenges encountered by musicians. Proper postural, respiratory and relaxation understanding can enhance any musician's overall performance.

In addition to his extensive musical background, Reinhart holds a Masters Degree in Medical Qigong and has been a student/teacher/practitioner of the Eastern Health, Healing, and Martial arts for over 35 years. He currently heads the Qigong/Taiji program at the Hazleton Health & Wellness Center, is the only certified instructor in Northeast Pennsylvania of the *Tai Chi from the Arthritis Foundation®* and *Tai Chi for Diabetes®* programs created by Dr. Paul Lam, and has been nominated to serve on the Board of Directors of the National Qigong Association.

The half-hour work out will consist of a warm-up set followed by exercises focused on:

- **Proper postural alignment** – posture is the first building block for not only overall health, but, for instrumentalists and vocalists, maximizing technical development and execution.
- **Releasing excess tension** – many musicians are unaware of excess tension held in areas of their bodies which can adversely affect performance, and moreover, their health, e.g. carpal tunnel syndrome, chronic headaches, etc.
- **Proper breathing techniques** – ideal for everyone especially brass and wind players, as well as vocalists – breathing patterns can change body chemistry increasing concentration, endurance, and focus.
- **Relaxation techniques** – ever tense for an audition or performance and not play as well as you knew you could? It's a matter of knowing how to relax, regardless the situation.

Qigong for Musicians

Participation is optional and opened to everyone!

🎵🧘 The perfect way to start the day 🧘🎵