

MUSICIAN'S WELLNESS: HOW TO LISTEN TO YOUR BODY
(음악가의 웰니스: 연주자의 신체 관리)
지혜경 교수

Peabody Institution "Playing Well" Online Courses

<https://peabody.jhu.edu/explore-peabody/peabody-online/online-non-credit/>

Performing Arts Medicine Association (PAMA): Essentials of Performing Arts Health Certificate

https://artsmed.org/events/essentials_of_performing_arts_medicine/

Lister-Sink Institute

<https://www.lister-sinkinstitute.org/>

University College London (UCL)

<https://www.ucl.ac.uk/prospective-students/graduate/taught-degrees/performing-arts-medicine-msc#course-overview>

The Body Mapping

<https://www.bodymap.org>

The Alexander Technique

<https://alexandertechnique.com>

The Golandsky Institute (Taubman Approach)

<https://www.golandskyinstitute.org>

The Feldenkrais Method

<http://www.feldenkrais.com>

The Musician's Way

<https://www.musiciansway.com/wellness/>

Move Well, Avoid Injury

<http://movewellavoidinjury.com>

Musician's Maintenance

<https://musiciansmaintenance.com>

Exercise Resources

<https://www.hep2go.com/>

Rom Coach 앱

<https://rom.coach/>

YouTube 추천 채널

- Precision Movement: Rom Coach 의 유튜브 채널
- Milton Chiropractic Clinic Cambridge
- 움직임 연구소 - Motion Lab
- 최코치 TV
- GAON 가온
- 자세요정 (JSYJ)
- 강하나 스트레칭
- Mothertv (엄마 TV): 유산소 운동
- Mady Morrison: 요가, 피트니스

Suggested Exercises for Pianists

숨쉬기 (BREATHING)

목과 어깨 (NECK & SHOULDER TRAP)

어깨 (SHOULDERS)

앞 목 근육 (NECK & CHEST)

팔 근육 (RADIAL NERVE GLIDE)

With elbow resting a side, palm down hand and fingers pulled down with opposite hand. Keeping hand a fingers pulled down straighten elbow.

팔 근육 (RADIAL NERVE GLIDE)

손등 힘줄 스트레칭

