



## Postural Awareness and Restorative Yoga for Musicians

**Instructor:** Michael Fahey ([www.michaelfahey.ca](http://www.michaelfahey.ca))

**Length:** October 29 – December 3 (6 weeks)

**Time:** Tuesdays, 13:45-15:15

**Location:** PRZ 208

**Cost:** Student: \$65; Others: \$75

**Required equipment:** yoga mat, comfortable clothing

**Participants:** Open to teachers/students/administration at the School of Music.  
(Limited to 10 participants.)

**To register contact Lu ([piano@uottawa.ca](mailto:piano@uottawa.ca))**

### Class Description:

This six-week course seeks to help musicians become educated about healthful postural habits by bringing awareness to pelvic alignment, core stability, flexibility and muscle imbalances specific to the individual. Michael Fahey's approach employs techniques from both yoga and QiGong and emphasizes mindful breathing and body awareness.

The poses and movements have been chosen for their restorative functions to promote gradual postural adjustment through increased awareness rather than to promote fitness or strength training. As such, many of the poses involve supporting the body with props such as yoga blocks, pillows or balls. The use of resistance bands facilitates gentle stretching and strengthening of specific muscles. Movement will be explored from lying, seated and standing positions, allowing for many of the exercises to be practically implemented into daily activities, including practicing.

The small class size will allow for individualized attention for each participant, with the goal of finding strategies for each musician to deal with the postural challenges posed to them by their specific instrument. With his 20 years of experience teaching both guitar and restorative yoga, Mr. Fahey is uniquely qualified to help musicians find practical strategies to deal with the stress and strain their bodies endure as a result of the demands of their performing and teaching careers. The movements and principles presented would also be of benefit to music teachers seeking to incorporate injury prevention strategies and ergonomic playing postures into their lessons with students of any level of experience.