

Body Mapping for Musical Health and Enhanced Performance

Community
Music
School 

Body Mapping sessions are one-on-one and are designed to enhance performance and avoid injury by helping students refine and correct their body maps in order to move in a more efficient and coordinated way. Body Mapping is similar to the Alexander and Feldenkrais techniques, but relies more on verbal and visual strategies. Dr. Judy Palac teaches the sessions and is a licensed Andover Educator (teacher of Body Mapping).

When

Times to be arranged based upon student's and teacher's schedules.

Cost

\$53 for one-on-one session

***To enroll, please contact the MSU
Community Music
School at (517) 355-7661.***



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