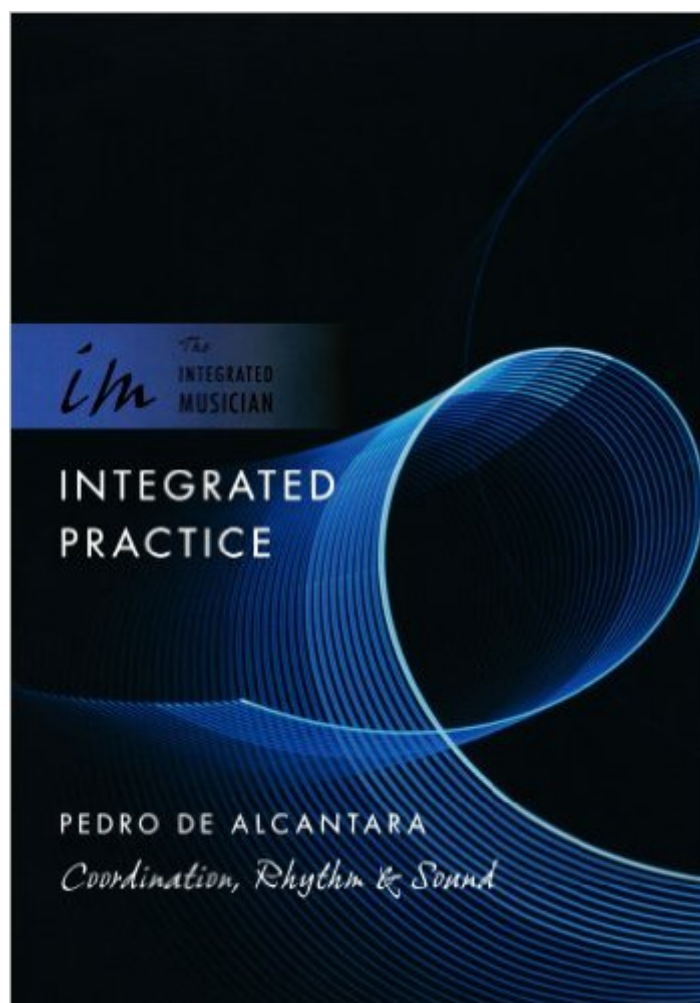


The book was found

# Integrated Practice: Coordination, Rhythm & Sound



## Synopsis

To be a musician is to "speak music." When you have something to say and the means to say it, your gestures and sounds become both meaningful and free. Offering an innovative, comprehensive approach to musicians' health and wellbeing, Integrated Practice gives you the tools to combine total-body awareness with a deep and practical understanding of the rhythmic structure of the musical language, so that you can use the musical text itself as your guide toward psychophysical and creative freedom. The book shows you how to establish an imaginative dialogue between the relatively inflexible structure of music and your individual personality as a singer, instrumentalist, or conductor, and it explains how you can use the acoustic phenomenon of the harmonic series to make big, beautiful sounds with little muscular effort. Integrated Practice comes with more than a hundred and fifty exercises demonstrated by video and audio clips on an extensive companion website that will inform your daily practice, improvising, rehearsing, and performing. With this array of resources for every learning style, Integrated Practice is the essential handbook to personal achievement in successful, expressive musical performance.

## Book Information

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## Customer Reviews

First, if you're a musician or singer, amateur or performer, stop here and order this book. You'll be amazed at how it enhances your approach to your art, no matter how accomplished you already are. But if you need convincing anyway, here's what I thought. Pedro de Alcantara is a cellist and teacher of the Alexander Technique, a method of achieving conscious control of the mind and body

to regain the kind of natural coordination that many of us probably had only as kids. It's widely practiced particularly by actors, athletes, people wanting to overcome pain - and by musicians to help achieve a level of full, resonant and injury free playing. De Alcantara is also an original thinker and writer on all this (plus children's books!). I'm an adult violin student (with a life-long background in other instruments) taking Alexander Technique lessons to improve my approach to playing. My teacher gave me de Alcantara's previous book, *Indirect Procedures*, to help me developing my performance capabilities. Having benefitted greatly from that book's combination of the philosophical and the practical, I pre-ordered *Integrated Practice* and devoured it when it came. *Integrated Practice* is an application - and extension - of F.M. Alexander's thinking into the most fundamental notions of rhythm in practicing and performing music. The first section (half the book) is about reaching your own understanding of the internal rhythmic structure of the piece and communicating that to an audience. De Alcantara anchors the discussion in how humans relate to pulse, beat and rhythm in movement, language and poetry, and brings it into focus as the foundation for playing music. The second section explains key Alexander concepts and applies them to musical practice and performance.

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