

# SCUOLA DI MUSICA DI FIESOLE

FONDAZIONE – ONLUS

iscritta al n° 6 del Registro Regionale delle Persone Giuridiche Private

Aggiornato:  
25/9/2019

## Course Programme for TRIENNIO ORDINAMENTALE VOICE

ARTISTIC-DISCIPLINARY SECTOR CODE **CODD/07** – TECHNIQUES OF AWARENESS AND BODY  
EXPRESSION

Field of study : TECHNIQUES OF AWARENESS AND BODY EXPRESSION

### YEAR 1

Hours	Credits	Mode of Verification
27	3	SUITABILITY

### PROGRAMME OF STUDY:

- Brief and thorough screening of the body according to the Feldenkrais methods, with interior listening;
  - Focus on breathing and flexibility of the diaphragm with indirect strengthening of the pelvic floor through hypo-pressure gymnastic exercises (method by Dr. Marcel Caufriez);
  - Dynamic stabilization of the pelvis/spine and consequent strengthening of the “core”, center of equilibrium;
  - Mapping of the 6 osteoatromiofasciali pathways (MOA) and their connection to the center of equilibrium according to the Core Integration technique (method by Josef DellaGrotte)
- Sagittal plane:
- 1) extension,
  - 2) flexion,
- Transversal plane:
- 3) Spiral rotation,
  - 4) Big spiral,
- Frontal plane:
- 5) Lateral flexion,
  - 6) Opposite vector flexion.
- Basic exercises in various positions (supine, lateral recumbent, prone, all-fours, seated, standing) and with the use of accessories (elastic bands, balls, etc);
  - Strengthening exercises intended for instrumentalists’ specific needs (ergonomic improvement) as well as singers’ needs (correct posture, also while moving);
  - Focus on the strengthening and change of body expression after the re-education of the neuro-motor system through proprioception.

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## BIBLIOGRAPHY (consultation optional) :

- DellaGrotte Josef, Instructions from within, Boston 2007;
- Hasegawa Kimi, A Core Integration Primer, Copyright Kimi Hasegawa and Josef DellaGrotte, 2009;
- Landi Monica, metodo Feldenkrais e Core Integration, in S.Maddali Bongi, Riabilitazione reumatologica. Approccio multidisciplinare, Edizione Edra, 2007;
- Caufriez Marcel, (1997) Gymnastique abdominale hypopressive, Bruxelles 1997 pubblicato da M. Caufriez;
- Andrea Olsen “Anatomia esperenziale” Red edizioni 1996;
- Andrew Biel “Guida ai sentieri del corpo” edi-ermes 2005.