

# Resources

## Books

Bertherat, Thérèse and Carol Bernstein. [The Body Has Its Reasons: Self-Awareness Through Conscious Movement.](#)

Biel, Andrew R. [Trail Guide to the Body: How to Locate Muscles, Bones, and More, 3rd edition.](#) Boulder, CO: Books of Discovery, 2005. There are also 2 sets of flashcards available.

Blakeslee, Sandra and Matthew Blakeslee. [The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do \(almost\) Everything Better.](#) New York, NY: Random House, 2007.

Bond, Mary. [The New Rules of Posture.](#) Rochester, VT: Healing Arts Press, 2007.

Bowman, Katy. [Alignment Matters: The First Five Years of Katy Says.](#) Ventura, CA: Propriometrics Press, 2013.

Bowman, Katy. [Every Woman's Guide to Foot Pain Relief.](#) Dallas, TX: BenBella Books, Inc., 2011.

Bowman, Katy. Move Your DNA: [Restore Your Health Through Natural Movement.](#) Ventura, CA: Propriometrics Press, 2014.

Calais-Germain, Blandine. [Anatomy of Movement.](#) Seattle, WA: Eastland Press, 1993.

Calais-Germain, Blandine. [Anatomy of Movement: Exercises.](#) Seattle, Washington: Eastland Press, 1996.

Calais-Germain, Blandine. [The Female Pelvis: Anatomy and Exercises.](#) Seattle, WA: Eastland Press, 2003.

Calais-Germain, Blandine. [Anatomy of Breathing.](#) Seattle, WA: Eastland Press, 2006.

Caplan, Deborah. [Back Trouble.](#) Gainesville, FL: Triad Publishing Company, 2000.

Caplan, Stephen. [Oboemotions: What Every Oboe Player Needs to Know about the Body.](#) Chicago, IL: GIA Publications, Inc., 2009.

Clemente, Carmine D. [Anatomy: A Regional Atlas of the Human Body.](#) 6th ed. Baltimore, MD: Lippincott Williams & Wilkins, 2011.

Conable, Barbara. [The Structures and Movement of Breathing.](#) Chicago, IL: GIA, 2000.

Conable, Barbara. [What Every Musician Needs to Know About the Body: The Practical Application of Body Mapping to Making Music, revised edition.](#) Portland, OR: Andover Press, 2000.

Conable, Barbara and William Conable. [How to Learn the Alexander Technique: A Manual for Students.](#) Portland, OR: Andover Press, 1995.

Davies, Clair. [The Trigger Point Therapy Workbook.](#) 2nd ed. Oakland, CA: New Harbinger Publications, 2004.

Dimon, Theodore, Jr. [Anatomy of the Moving Body: A Basic Course in Bones, Muscles, and Joints.](#) Berkeley, CA: North Atlantic Books, 2001.

Fehmi, Les and Jim Robbins. [The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body.](#) Boston, MA: Trumpeter Books, 2007.

- Feldenkrais, Moshe. **Awareness Through Movement**. New York, NY: HarperOne, 1990.
- Gelb, Michael. **Body Learning**. New York, NY: Henry Holt and Company, 2004.
- Gilmore, Robin. **What Every Dancer Needs to Know About the Body**. Portland, OR: Andover Press, 2005.
- Hanna, Thomas. **Somatics**. Cambridge, MA: Perseus Books, 1988.
- Horvath, Janet. **Playing (Less) Hurt**. New York, NY: Hal Leonard, 2010.
- Johnson, Jennifer. **What Every Violinist Needs to Know About the Body**. Chicago, IL: GIA Publications, Inc., 2009.
- Kapit, Wynn. **The Anatomy Coloring Book**. San Francisco, CA: Benjamin Cummings, 2002.
- Langford, Elizabeth. **Mind and Muscle: An Owner's Handbook**. 2nd ed. Antwerpen, Garant Publishers, 2008.
- Mark, Thomas. **What Every Pianist Needs to Know About the Body**. Chicago, IL: GIA, 2003.
- Malde, Melissa, MaryJean Allen, and Kurt-Alexander Zeller. **What Every Singer Needs to Know About the Body**. San Diego, CA: Plural Publishing, Inc., 2009.
- McGill, David. **Sound in Motion: A Performer's Guide to Greater Musical Expression**. Bloomington, IN: Indiana University Press, 2007.
- Myers, Thomas W. **Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists**. 2nd ed. Edinburgh: Churchill Livingstone, 2009.
- Netter, Frank. **Atlas of Human Anatomy**. 1997.
- Pearson, Lea. **Body Mapping for Flutists: What Every Flute Teacher Needs to Know About the Body**. Chicago, IL: GIA, 2006.
- Sapolsky, Robert M. **Why Zebras Don't Get Ulcers, 3rd edition**. New York, NY: Henry Holt and Company, 2004.
- Todd, Mabel. **The Thinking Body**. London: Dance Books Ltd., 1997.
- Vineyard, Missy. **How You Stand, How You Move, How You Live**. Cambridge, MA: Da Capo Press, 2007.
- Vining, David. **What Every Trombonist Needs to Know About the Body**. Denton, TX: Kagarice Brass Editions, 2008.

## **DVD**

**Move Well, Avoid Injury**. DVD. Andover Productions, LLC, 2009.  
<http://www.movewellavoidinjury.com/>

## **Accessories**

Chair cushion: Judy Johnson Henderson - [www.celloseatcushions.com/](http://www.celloseatcushions.com/)

LL Bean Pathfinder Self-Inflating Multisport Seat - [http://www.llbean.com/llb/shop/65549?pi=1102005&q=3012739\\_g\\_shopping&subrnd=0](http://www.llbean.com/llb/shop/65549?pi=1102005&q=3012739_g_shopping&subrnd=0)

Foam roller: 6" by 36" high density foam roller  
[http://www.amazon.com/Foam-Roller-Round-White-Shipping/dp/B002FC7Y8M/ref=sr\\_1\\_11\\_7](http://www.amazon.com/Foam-Roller-Round-White-Shipping/dp/B002FC7Y8M/ref=sr_1_11_7)

Physio Balls - available at Target, ToysRUs, Walmart, etc. Sizing info below:

5'1" - 5'8" = 55 cm

5'9" - 6'2" = 65 cm

6'3" - 6'7" = 75 cm

Miracle Balls - available at Barnes and Noble. They come in a package with the book, **The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress** by Elaine Petrone. <http://www.barnesandnoble.com/w/the-miracle-ball-method-elaine-petrone/1005922644>

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