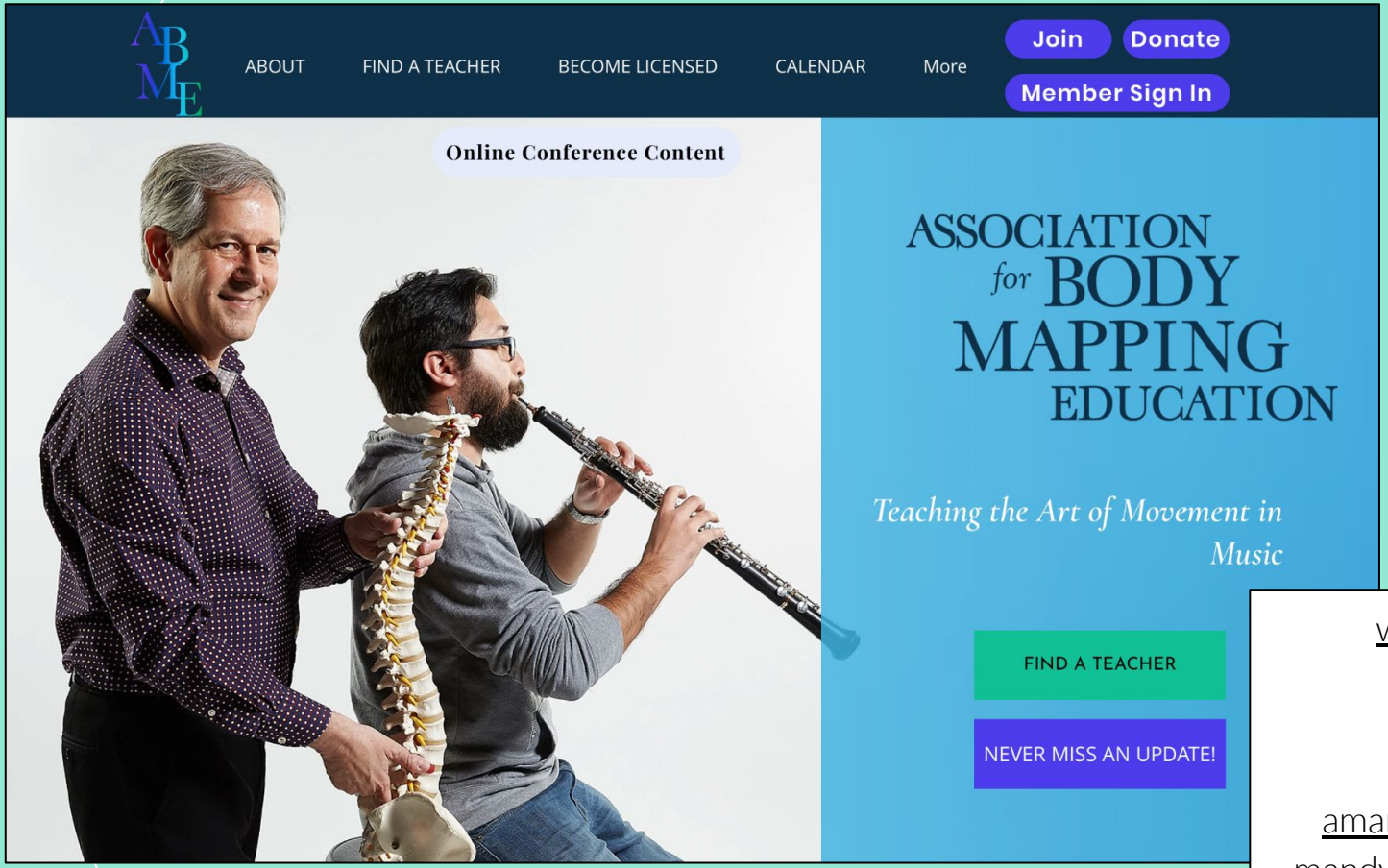
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Body Mapping for Choirs

Incorporating posture instruction without sacrificing rehearsal time

Dr. Amanda Moreno
Ball State University
Licensed Body Mapping Educator
ICDA 2024

ABME ASSOCIATION for BODY MAPPING EDUCATION

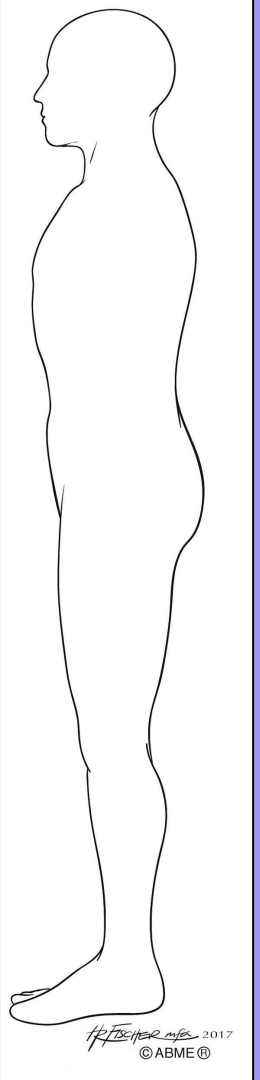


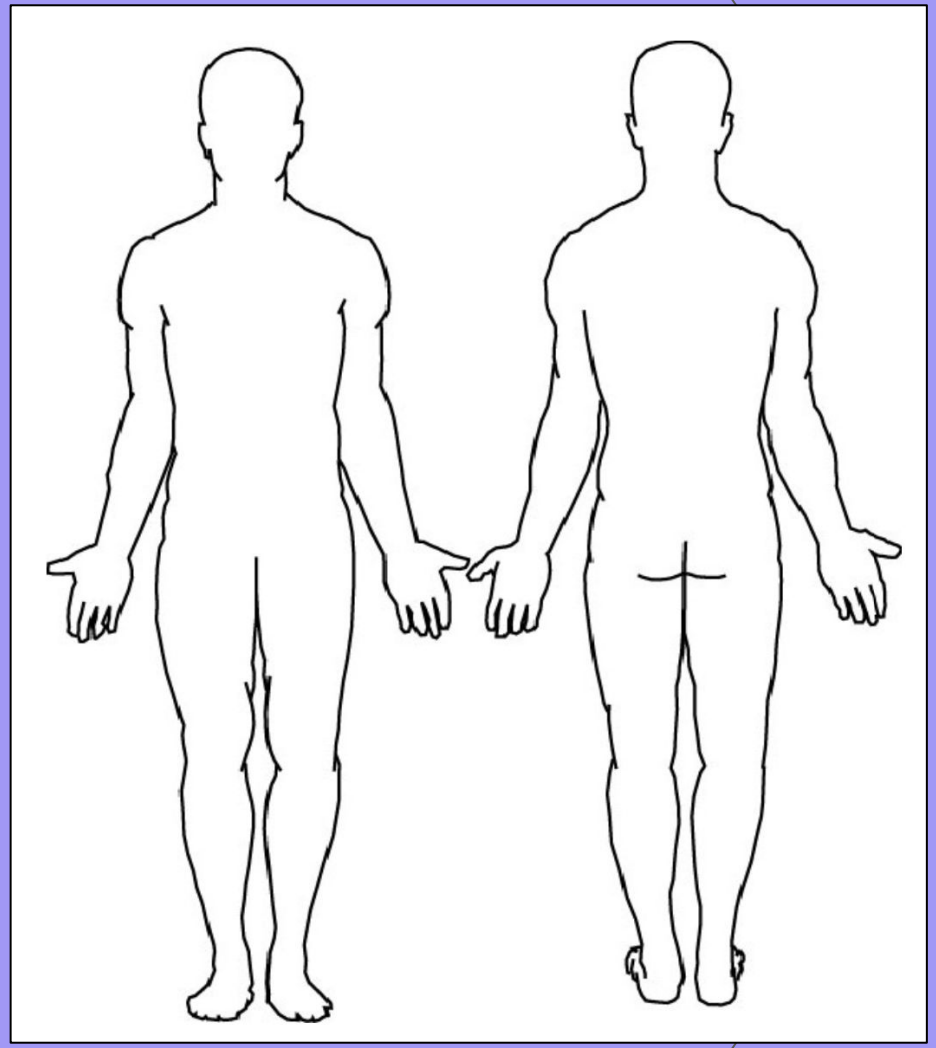
www.bodymap.org

Contact:
amanda.moreno@bsu.edu
mandymoreno@bodymap.org
mandymorenomusic@gmail.com

Do you move?

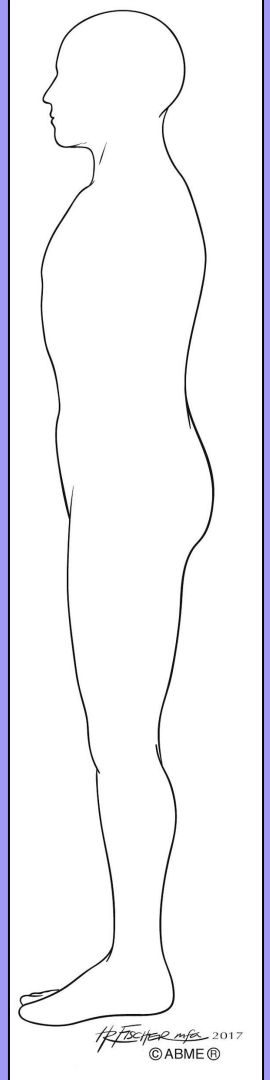
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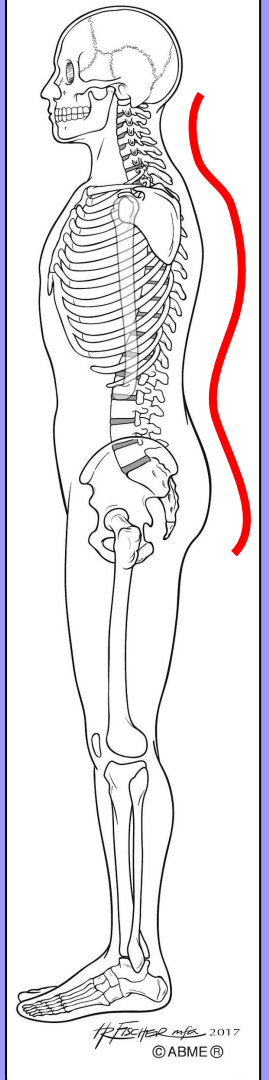




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“The Body Map is one’s self-representation in one’s own brain. If the Body Mapping is accurate, movement is good. If the Body Map is inaccurate or inadequate, movement is inefficient and injury-producing.”

- Barbara Conable, *What Every Musician Needs to Know About the Body*

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Body Mapping is the conscious correcting and refining of the body map in order to find graceful and coordinated movement.

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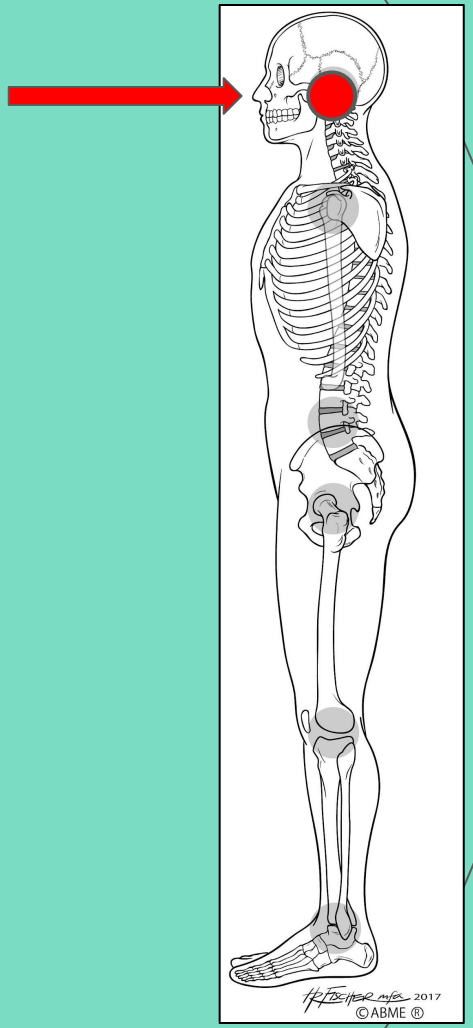
Balance

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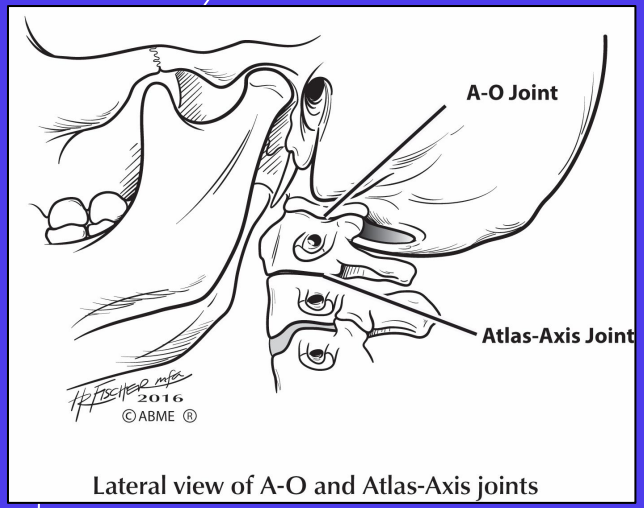
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6 Places of Dynamic Balance

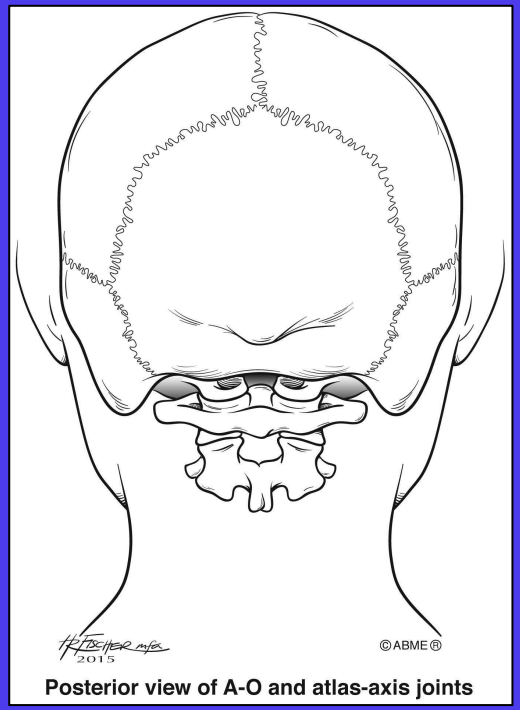
Atlanto-Occipital (AO) Joint



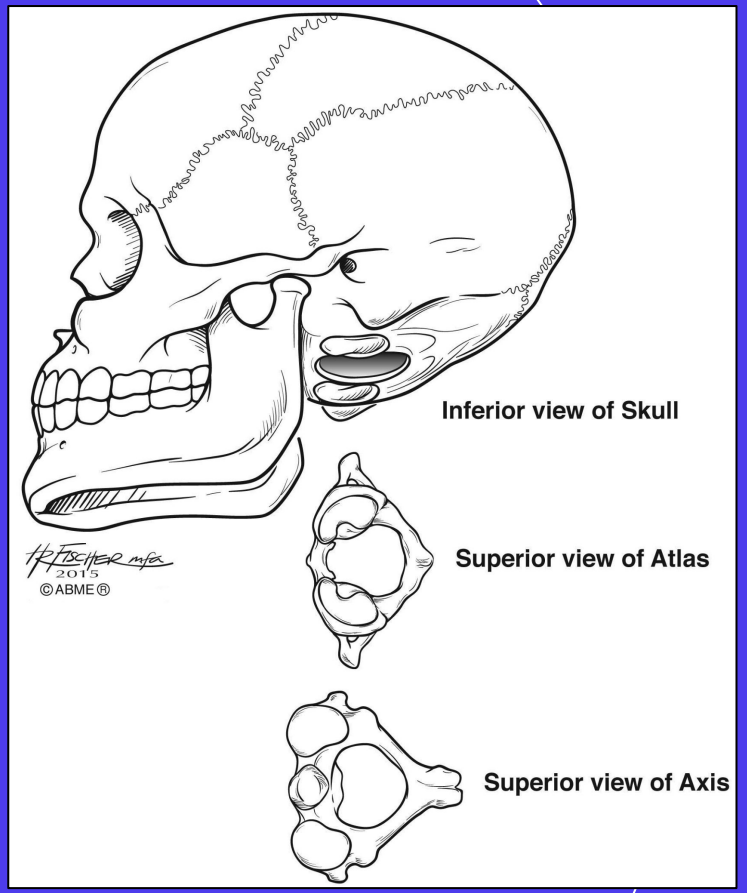
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Lateral view of A-O and Atlas-Axis joints



Posterior view of A-O and atlas-axis joints



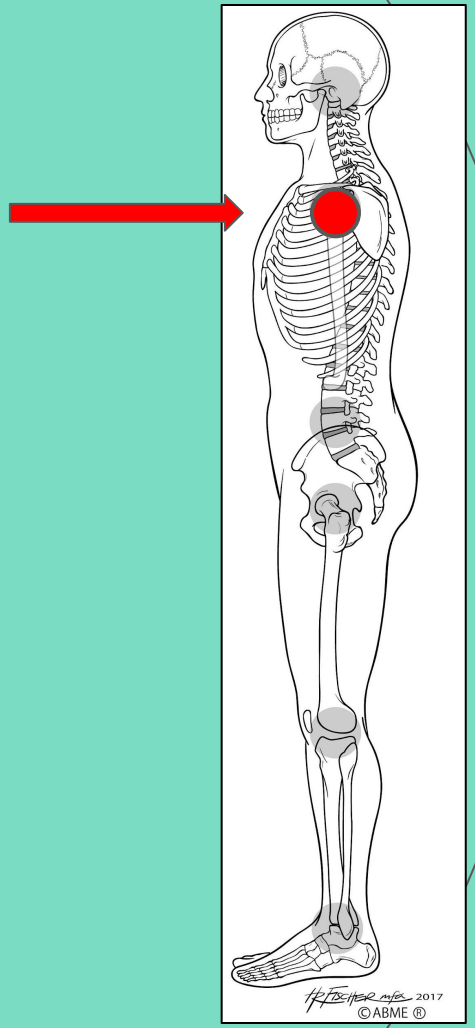
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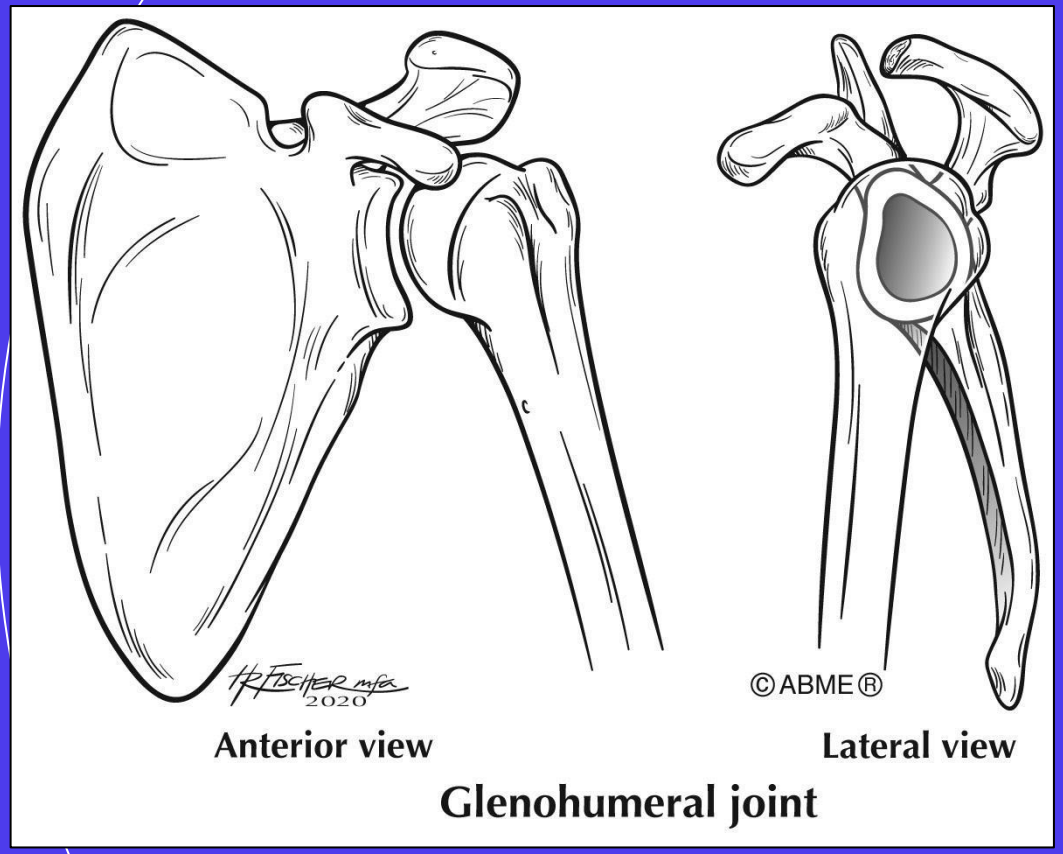
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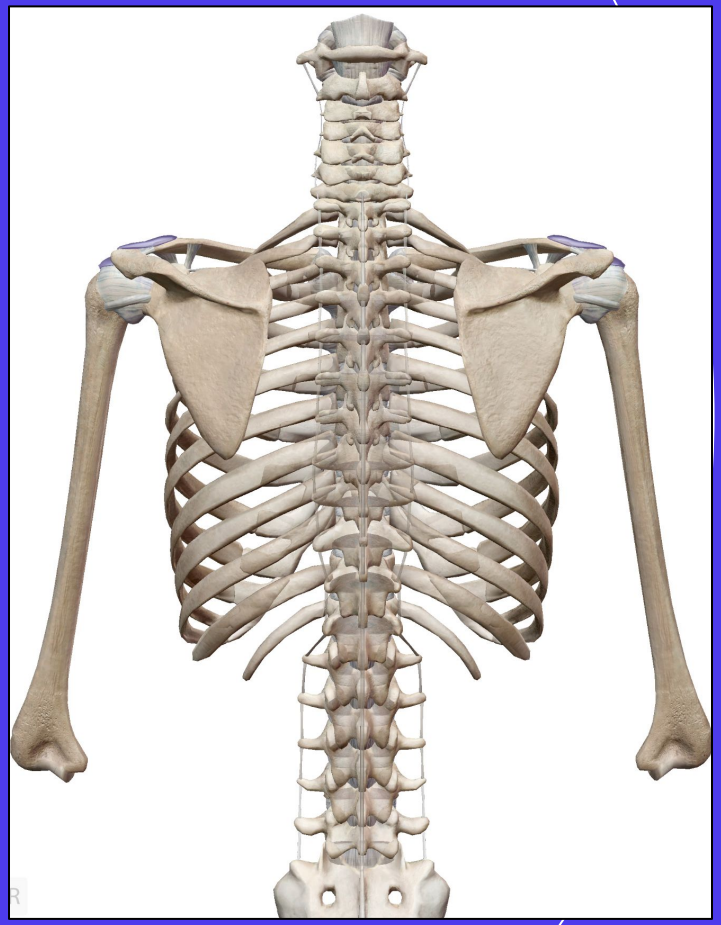
6 Places of Dynamic Balance

Atlanto-Occipital (AO) Joint

Shoulder Joints







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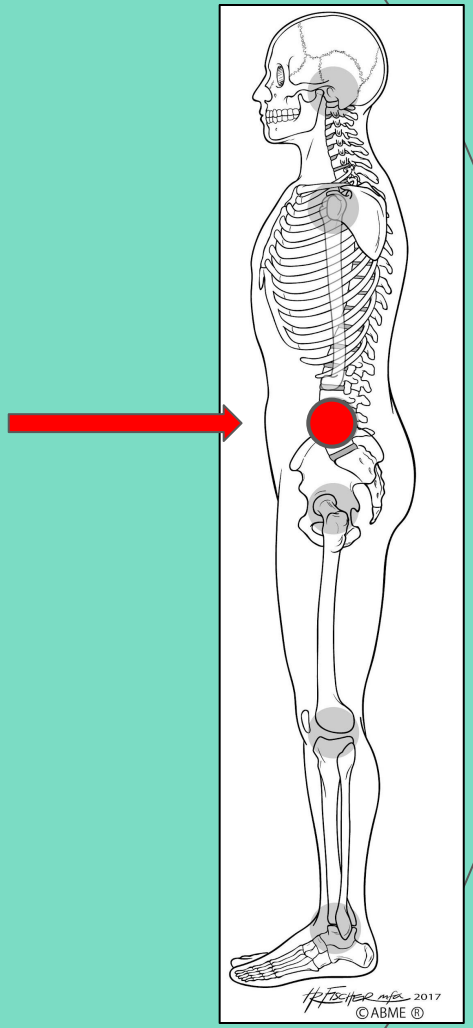
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6 Places of Dynamic Balance

Atlanto-Occipital (AO) Joint

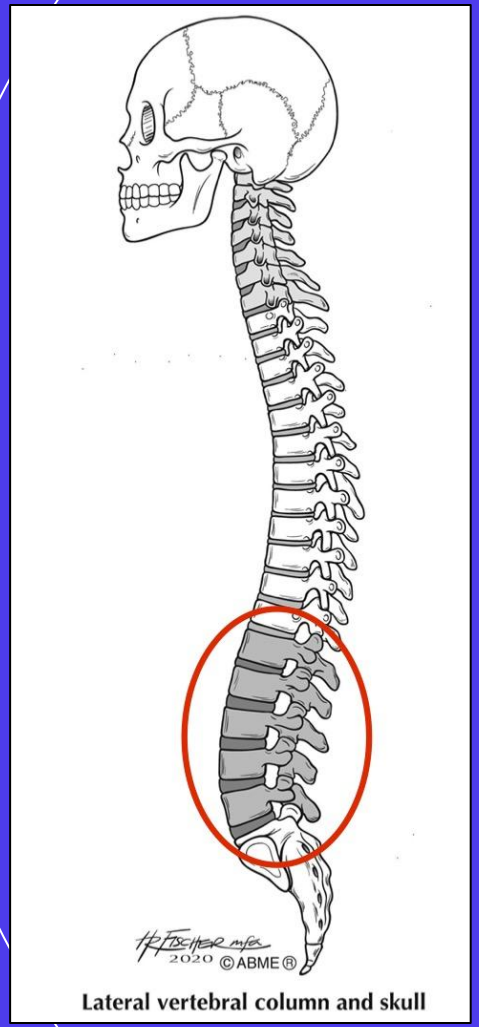
Shoulder Joints

Lumbar Region

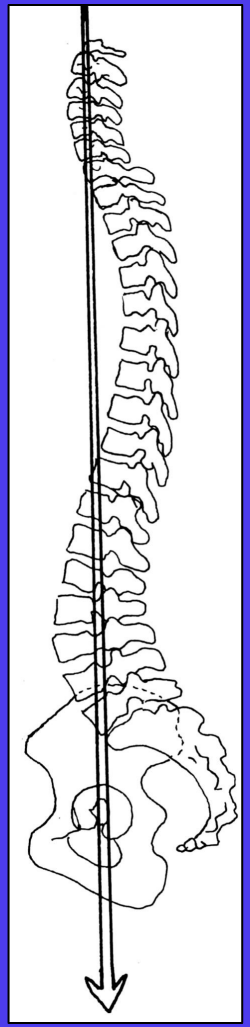


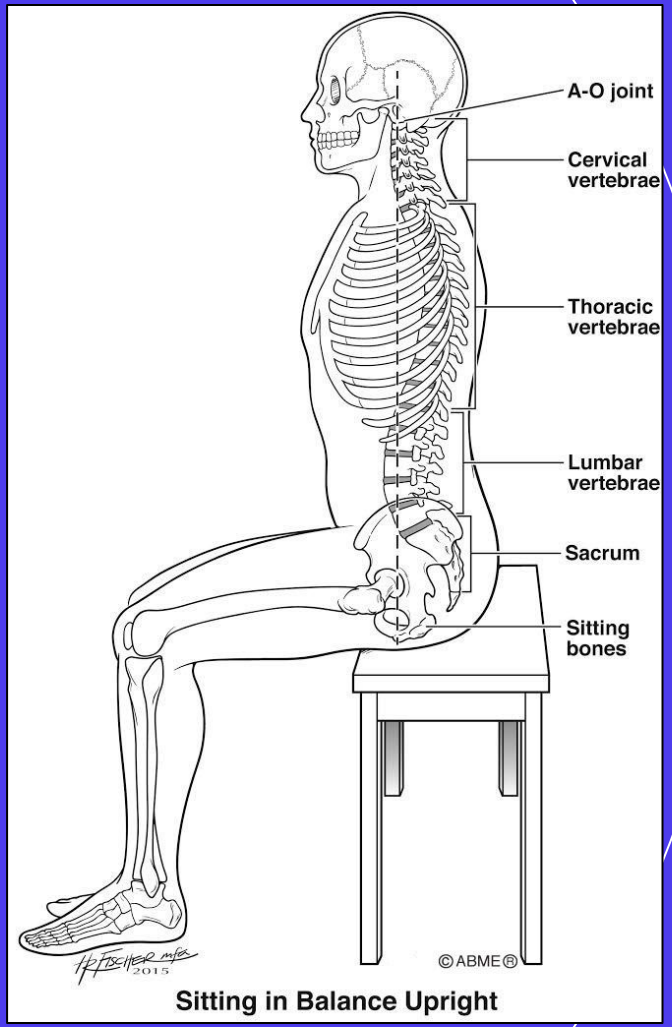
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Lateral vertebral column and skull





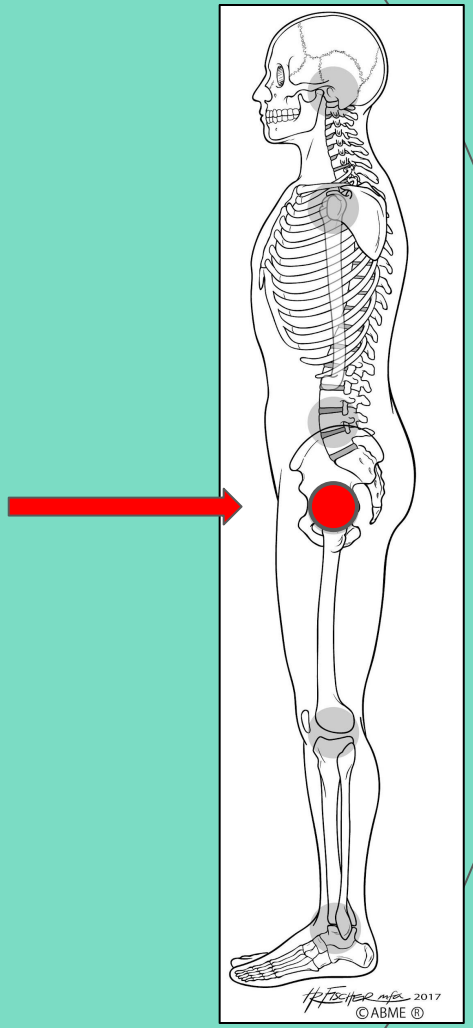
Sitting in Balance Upright

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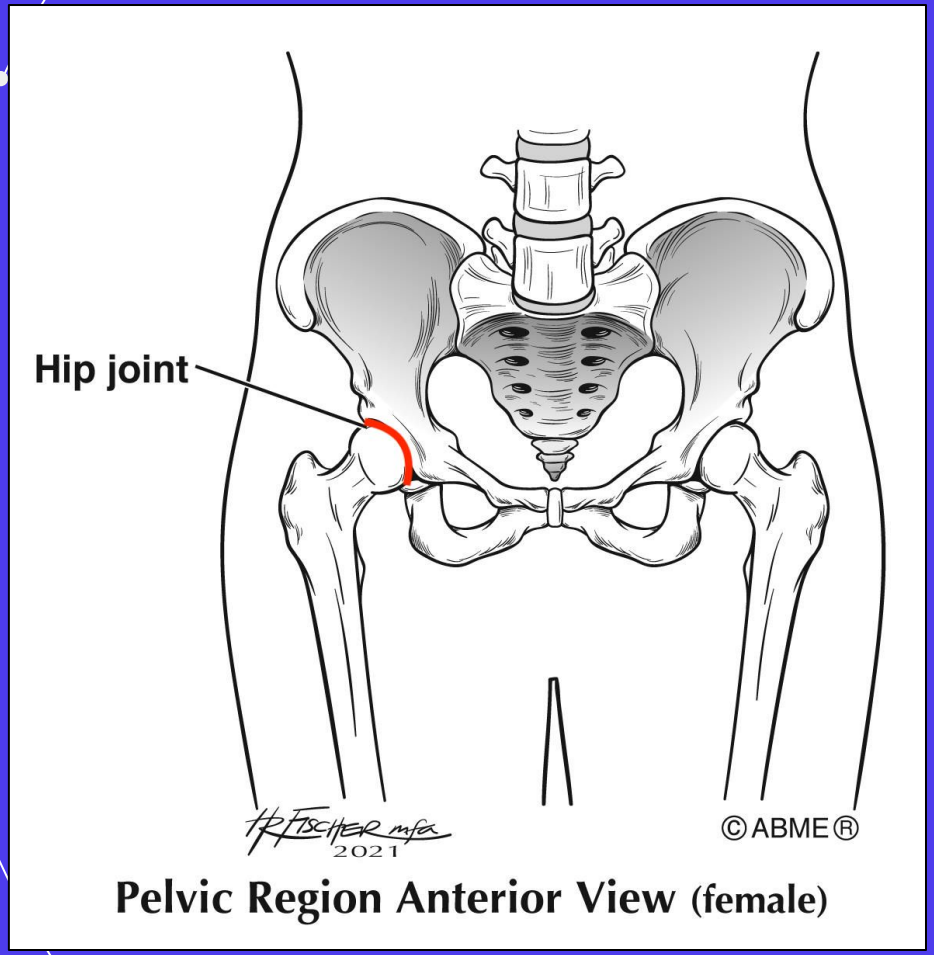
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6 Places of Dynamic Balance

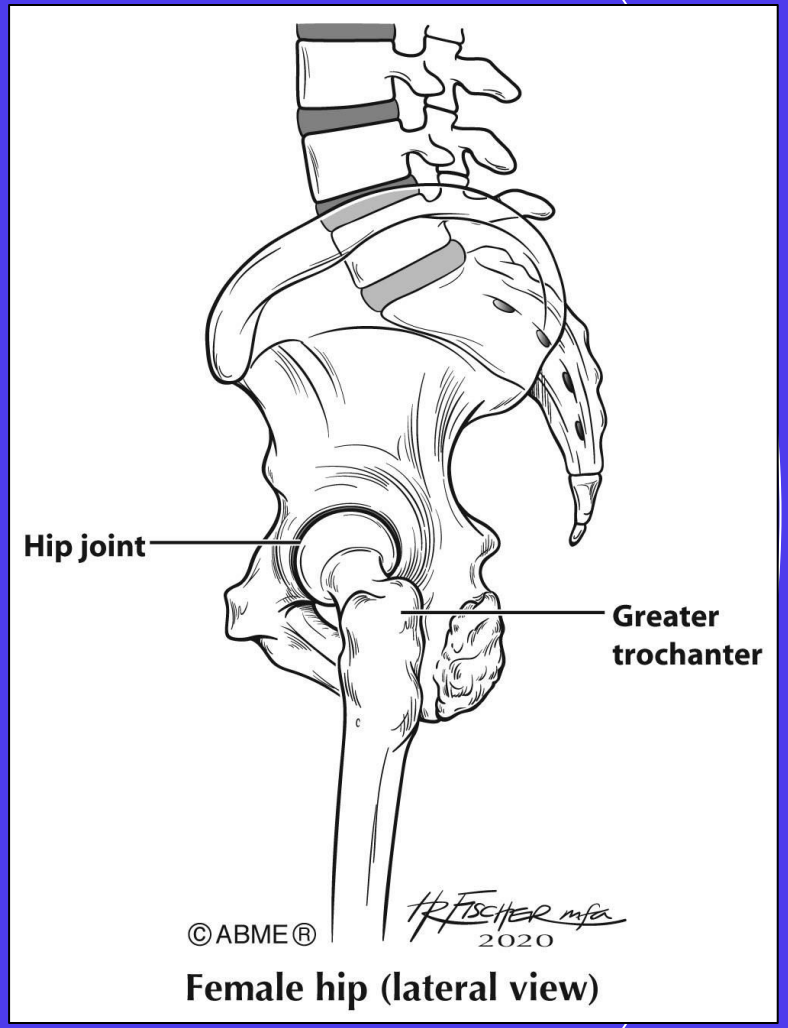
Atlanto-Occipital (AO) Joint
Shoulder Joints
Lumbar Region
Hip Joints



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Pelvic Region Anterior View (female)



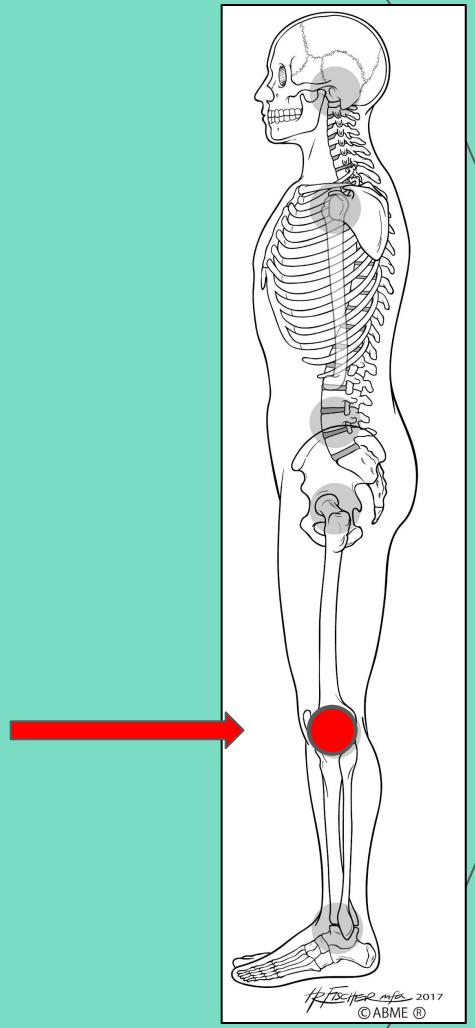
Female hip (lateral view)

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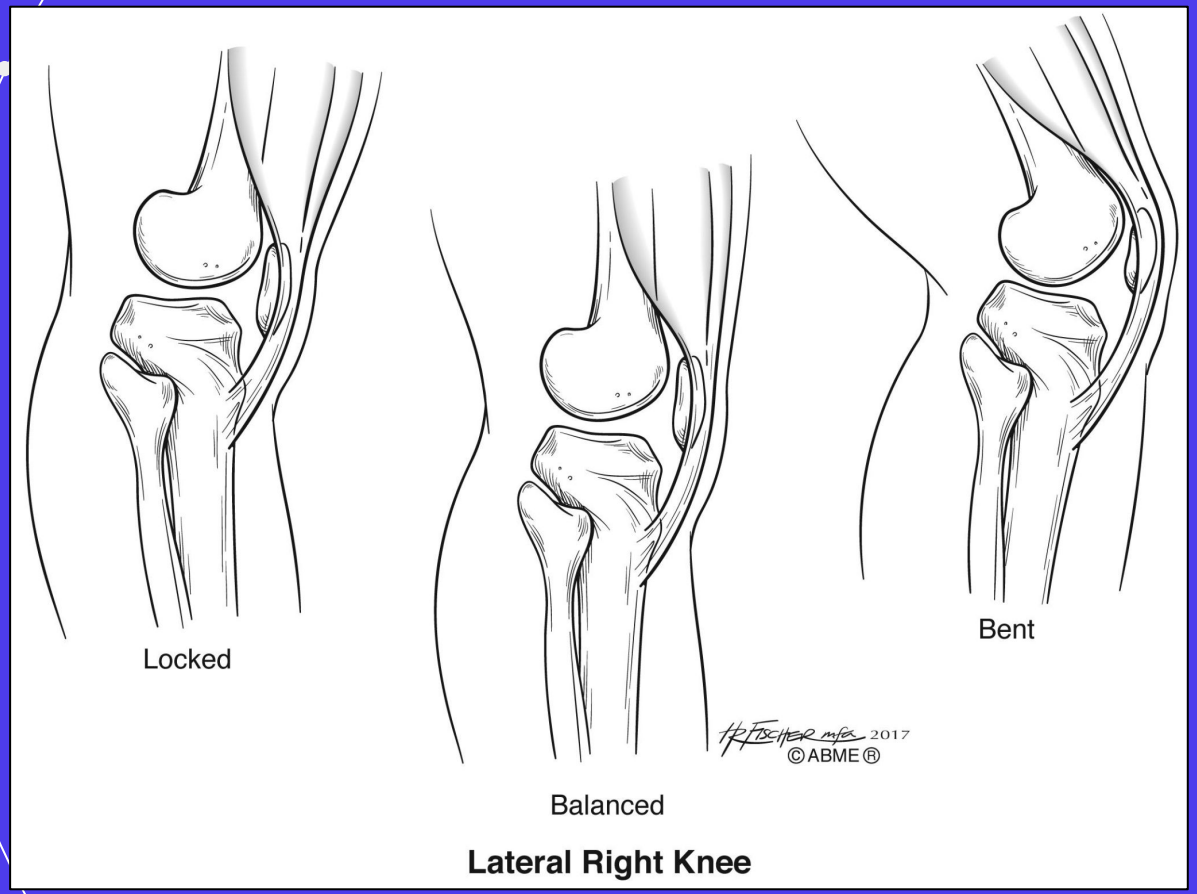
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6 Places of Dynamic Balance

Atlanto-Occipital (AO) Joint
Shoulder Joints
Lumbar Region
Hip Joints
Knee Joints



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Lateral Right Knee

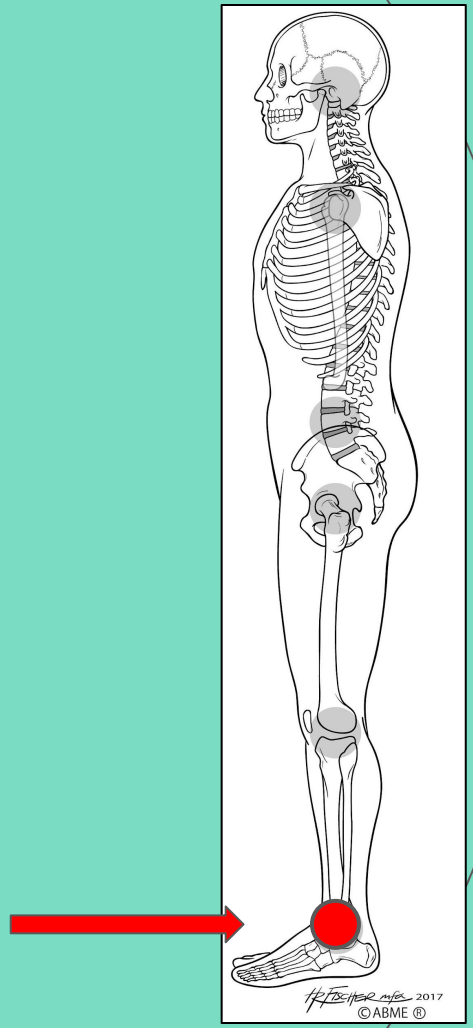


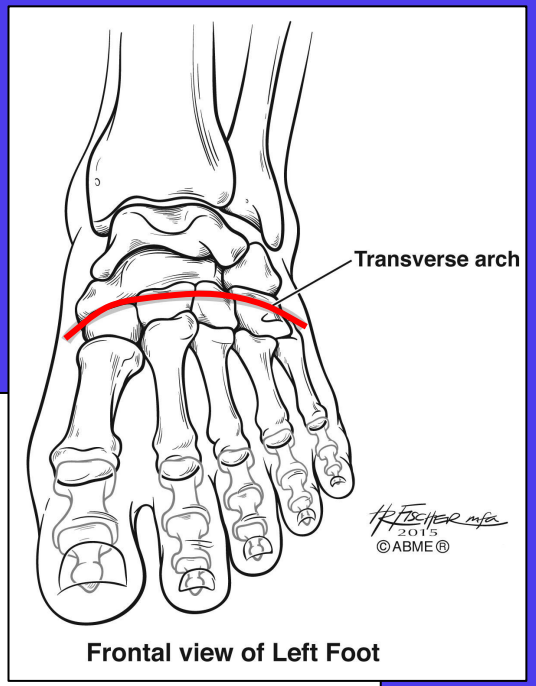
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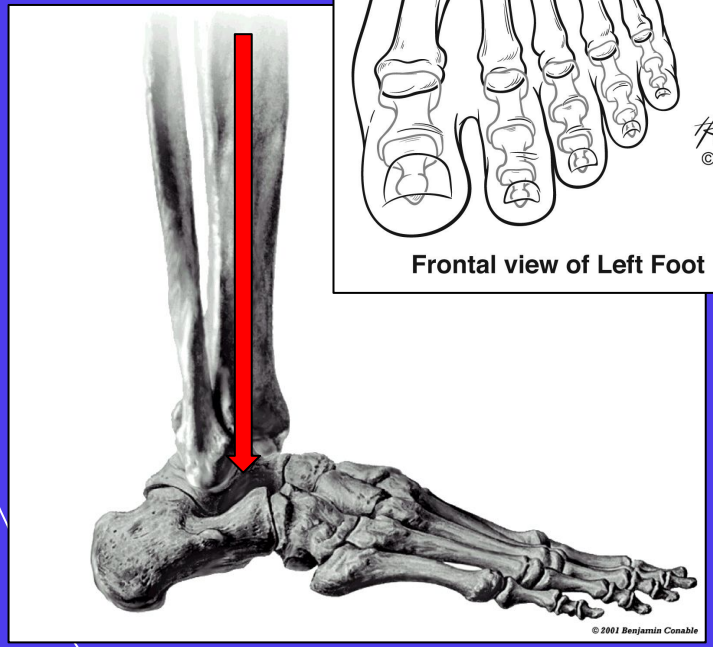
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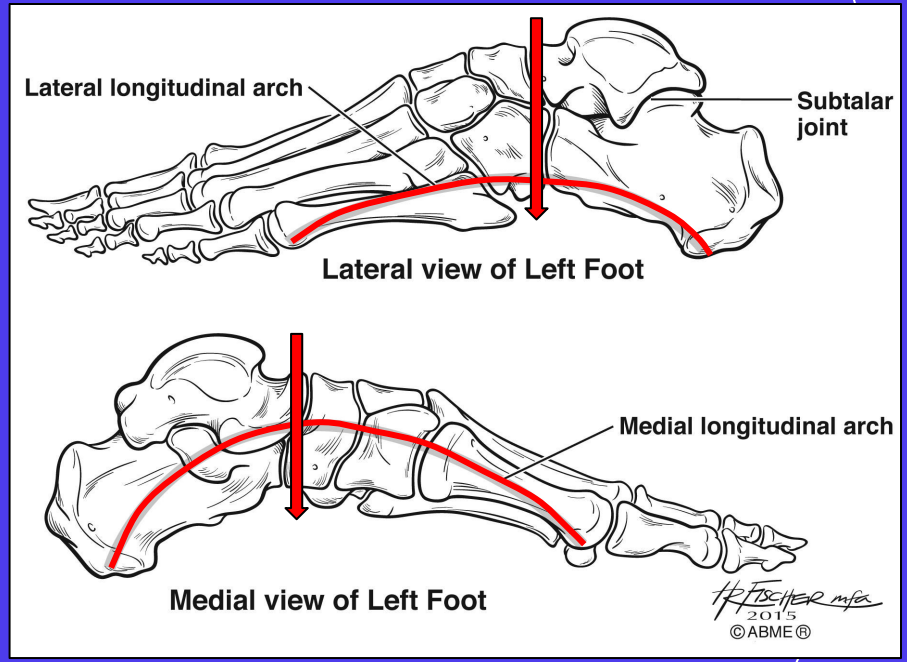
Atlanto-Occipital (AO) Joint
Shoulder Joints
Lumbar Region
Hip Joints
Knee Joints
Ankle Joints





Frontal view of Left Foot





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“When your body is balanced, any movement that is inherent to the structure and flexibility of your body will be available to you.”

- Melissa Malde, *What Every Singer Needs to Know About the Body*

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and Movement
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