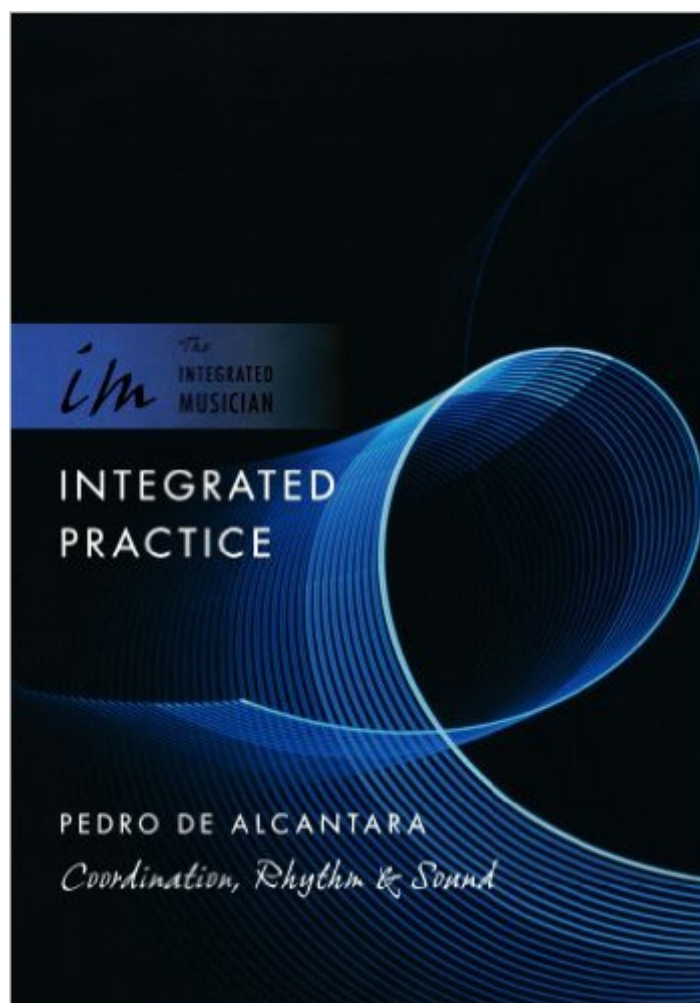


The book was found

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

Paperback: 312 pages

Publisher: Oxford University Press; 1 edition (July 8, 2011)

Language: English

ISBN-10: 0195317084

ISBN-13: 978-0195317084

Product Dimensions: 9.9 x 0.7 x 7 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #629,810 in Books (See Top 100 in Books) #326 inÂ Books > Arts &

Photography > Music > Theory, Composition & Performance > Exercises #432 inÂ Books > Arts &

Photography > Music > Theory, Composition & Performance > Appreciation #1121 inÂ Books >

Arts & Photography > Music > Theory, Composition & Performance > Techniques

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.

[Download to continue reading...](#)

Integrated Practice: Coordination, Rhythm & Sound Sound Innovations for String Orchestra -- Sound Development: Violin (Sound Innovations Series for Strings) Sound Innovations for String Orchestra -- Sound Development: Cello (Sound Innovations Series for Strings) Sound Innovations for String Orchestra -- Sound Development (Advanced): Warm-up Exercises for Tone and Technique for Advanced String Orchestra (Viola) (Sound Innovations Series for Strings) Sound Innovations for String Orchestra: Sound Development (Intermediate) for Cello: Warm up Exercises for Tone and Technique for Intermediate String Orchestra (Sound Innovations Series for Strings) Sound Innovations for String Orchestra: Sound Development (Intermediate) for Viola: Warm up Exercises for Tone and Technique for Intermediate String Orchestra (Sound Innovations Series for Strings) Meditations and Music for Sound Healing: A Leading Oncologist Explores the Healing Power of Sound (Sound Medicine) Portraits in Rhythm -- Complete Study Guide: Observations and Interpretations of the Fifty Snare Drum Etudes from Portraits in Rhythm Integrated Theory & Knowledge Development in Nursing, 8e (Chinn, Integrated Theory and Knowledge Development in Nursing) 4-Way Coordination: A Method Book for the Development of Complete Independence on the Drum Set Parallel Programming with Microsoft® .NET: Design Patterns for Decomposition and Coordination on Multicore Architectures (Patterns & Practices) Film Production Management 101-2nd edition: Management & Coordination in a Digital Age Boxing WOD Bible: Boxing Workouts

& WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss The Guitar Finger-Gym: Build Stamina, Coordination, Dexterity and Speed on the Guitar Sound Unseen: Acousmatic Sound in Theory and Practice Sound Innovations for Concert Band -- Ensemble Development for Young Concert Band: Chorales and Warm-up Exercises for Tone, Technique, and Rhythm (Alto Saxophone) Sound Innovations for String Orchestra, Bk 1: A Revolutionary Method for Beginning Musicians (Violin), Book, CD & DVD (Sound Innovations Series for Strings) Sound Innovations for Concert Band, Bk 1: A Revolutionary Method for Beginning Musicians (Flute), Book, CD & DVD (Sound Innovations Series for Band) Sound Innovations for Concert Band, Bk 1: A Revolutionary Method for Beginning Musicians (Trombone), Book, CD & DVD (Sound Innovations Series for Band) Sound Innovations for Concert Band, Bk 1: A Revolutionary Method for Beginning Musicians (B-flat Trumpet), Book, CD & DVD (Sound Innovations Series for Band)

[Dmca](#)