

Coppers Classic Mini Workshop

RINGING in BALANCE with BODY MAPPING EXPLORING MOVEMENT as a HANDBELL MUSICIAN

Coppers Classic, March 28-30, 2025

Cynthia McGladrey, licensed Body Mapping educator
The Association for Body Mapping Education ~ ABME

<https://www.bodymap.org/>



THIS WORKSHOP WILL

explore the movements of handbell ringing with Body Mapping to inspire efficiency, mindfulness and ease.

share whole body information for postural skeletal support and balance to encourage free movement of your back, arms and legs as a creative handbell musical artist. We will apply this information through gentle movement warm ups and ringing.

offer easily accessible anatomical truths that apply to the movements of ringing and promote freedom from pain, tension and injury.

WHAT IS BODY MAPPING?

*The body map is one's self representation in one's brain; it is what our brain knows about ourselves. Body maps in our brain inform the movement of our body.

*When our body maps are accurate, we move with integrity, balance, ease and coordination. If our body maps are inconsistent with our actual size, structure and function, we may not move well.

*Body Mapping is the building, correction and refinement of our body maps through kinesthetic awareness and exploration.

*The goal of Body Mapping is not to change what you do in your movement as a handbell ringer, but to explore how you do it.

WHAT TO EXPECT and WHAT TO BRING

-Plan to be moving for this workshop.

-Ringers will be working with different sized handbells/chimes, changing position and mallet work

-Bring your mallets to share

-Please wear clothes and shoes for ease and comfort of movement.

-Modifications in movement explorations will be encouraged for any personal physical issues.

This is going to be FUN!!!!