

BODY-WISE JQ

ALEXANDER TECHNIQUE

"I work with Musicians to make things easier, to enrich our playing and to deepen our shared experience of music-making"

"Thank for the palpable changes you made to the stance, the sound, the comfort and the joy of those students you 'adjusted' so gently as they sang".

Dame Emma Kirkby



"JQ what a thrilling day of singing we had yesterday! The wow moment was watching everyone rise from their seats with such poise. I'm going to be swishing that dinosaur tail from now on!"

Natalie Veale choral director
Melody Makers

"If your nose runs and your feet smell then you know you are built upside down" Einstein

Over time, It is very common for us to settle for a slightly wonky version or 'map' of ourselves.

If you like, our inner GPS no longer quite fits with our exquisite original design.

The brain will loyally organise our movements, balance, gesture and poise according to the design-concepts we have gathered of ourselves. An adaptation that can so easily sit beneath the radar of awareness.

This can lead to a loss of freedom and flow and eventually, pain and tension from the extra effort of asking the body to work against itself.

Simply understanding more about the body can have a transformative effect on our comfort and open up a whole new range of colour and expression in our sound.

A homecoming.

"Body-wise" is a set of learning materials with a fresh, fun and immensely practical approach to moving and performing with confidence and ease.

Enlightened surprise and joy is a given, when seemingly small pieces of information can produce such radical effects.



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About me

My background is in Physiotherapy. A lifelong musician (Piano Teacher, Performer and Instrumental Coach)

I have been involved with helping people physically and artistically on an international stage for over 40 years.

I anchor myself in the Alexander Technique as the inspirational base from which I share my experience.



Given their experience as a painter and pianist, and career as a physiotherapist, JQ does what few Alexander teachers can do. They seamlessly integrate Science and Art, Truth and Beauty."

Bruce Fertman, founder of The Alexander Alliance International.

What a thrilling day of singing we had yesterday! I've now got the Alexander Technique bug. This image of you here and your accompanying words were quite literally life changing for me. I'm sure lots of my musician friends have experienced Alex as part of their studies, for me it was a small amount whilst doing my final recital, but I think everyone should do it. When do we ever have a period of time to reflect on how we operate and move our bodies, and yet how important is it? I thought that your workshop was incredibly well constructed, with pause for reflection and feedback. It brought back that feeling of excitement I used to get from my amazing piano and voice teachers, when I can't wait to get home and put my new found skills into practice. It's as simple as a small, relatable statement which can be life changing, and in this instance, ELAVATING. We sat and listened, walked around, sat down some more and listened to your advice throughout. WOW moment The wasn't listening to the choir sing after the workshop, it was watching everyone rise from their seats like a string was pulling us up from our heads. I'm going to be mindful of swishing my dinosaur tale from now on.

