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**Method for improving performance will  
be featured at  
Settlement Music School Free Musicians  
Workshop  
Sunday, April 11, 2pm**

Philadelphia, PA – The Knowlton Leadership Program of Settlement Music School, designed to enrich the learning experience for all Settlement music students and anyone else considering a career in music, is offering a **free workshop on Sunday, April 11, 2pm at Field Hall, Mary Louise Curtis Branch, 416 Queen Street, Philadelphia, PA 19147**. Free parking onsite. This program is generously funded by the Knowlton Foundation, LLC.

The workshop, "**Body Awareness for Musicians**," will introduce students to the Alexander Technique, a method for improving performance through listening to the body. All students are encouraged to bring their instruments to practice the best way to sit, stand, and perform for maximum relaxation and peak performance.

The Alexander Technique has a long history of helping instrumentalists and singers to perform with less stress and likelihood of injury. Musicians do some of the most complex and demanding physical movements of any profession. In recent years, the term Repetitive Strain Injury (RSI) has come into popular use, but musicians have always had to face the challenge of performing the same complex muscular actions over and over again. By helping musicians release undue tension in their bodies, the Alexander Technique makes possible a performance which is more fluid and lively, less tense and rigid.

Over the years, a number of prominent musicians have publicly endorsed the Alexander Technique including Yehudi Menuhin, Sting, Julian Bream, James Galway and a most well-known musician in all circles, Sir Paul McCartney.

Settlement Music School is the largest community-based school of the arts in the United States, serving 15,000 students each year at six branches in PA and NJ. It provides people of all abilities, age, race and financial means with programs of the highest quality in music and dance to help them achieve their greatest potential and award nearly \$2 million a year in financial aid. Close to 300,000 students have attended Settlement Music School

since 1908. It is the largest employer of musicians in the region, with more than 250 dedicated faculty members, most of whom have advanced degrees.

For more information, or to RSVP to this workshop, please contact the Knowlton Leadership Coordinator Kyle Bartlett at (215) 320-2693 or [kbartlett@smsmusic.org](mailto:kbartlett@smsmusic.org).