

"PLAY, BREATHE AND SING FREELY – BE FREE IN EXPRESSION"

WORKSHOP DISPOKINESIS



LECTURERS:

Katharina Gruber

Flute and Jazz Vocal
Dispokineter at the European
Society for Dispokinesis
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Guitar
Dispokineter at the European
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WHEN:

July 19th – 20th, 2025

Start of the course is on 19 Jul 2025 at 10:00 a.m.

CONTENT:

A form of bodywork specifically for musicians.

As can be inferred from the word dispokinesis, it relates to disposition (meaning "free control") and kinesis (movement). "Free control" here refers to all aspects of music-making that are always linked to movement: posture, movements on the instrument, embouchure, breathing, voice, fine motor skills, etc. A musician is "disposed" when they can freely access all the abilities related to their playing, without any movement-restricting factors such as tension, stress, or pain.

Why do we sometimes feel better, and sometimes less well, "disposed"?

Why do I often feel more inhibited when playing/singing in front of an audience than when at home?

Why does my upper body and hands often become stiff?

What causes me to tense up or cramp while playing/singing?

Why do I often feel like I can't get enough air?

Why do I tire so quickly when practicing?

Dispokinesis addresses all of these questions and many more, uncovering solutions through an increased awareness of one's body to bring more ease into music-making, so that the emotional depth of the music can be expressed freely and without inhibition.

TARGET GROUP:

Singers, guitarists, duet vocal & guitar
Maximum 12 participants.

COSTS:

Course fee € 215.00 per person

Accommodation in the guest house of the Music Academy,

1/2 double room incl. full board € 65.00 per person

Early arrival or later departure € 40.00 every additional night

REGISTRATION :

www.sawallisch-stiftung.de/musikakademie

