

# Working with and Supporting Musicians through Pilates

*By Nancy Gwinnell Hurd*

We all love music and musicians. They bring so much joy and healing into the world. Wouldn't it be great to utilize our profession to support and give back to them?

I became interested in this subject as I was looking for a way to give back to my community. I live in Austin, TX which is often referred to as the "Music Capital of the World." It seems every day there are music festivals, programs, concerts, shows, and tours in Austin. Musicians, whether professional or hobbyists, put a lot of wear and tear on their bodies. Yet their physical health is often overlooked compared to other entertainers such as sports figures, dancers, etc. So, I became very interested in this subject and decided to research and connect it to my profession of Pilates.

**I have created a short workshop for Pilates teachers to share what I have learned so far. In this workshop we will look at the imbalances that are caused by various instruments, the stress that is put on a musician's posture and other musculoskeletal challenges of the musician. We will then look at solutions and programming using various Pilates apparatus, modifications, and props.**

Many of our clients play instruments or have family members who do. Having the knowledge of how to address their specific needs will enhance your teaching skills and help you better address your client's needs. In addition, you will attract and be able to work with professional and amateur musicians. Understanding their activities, challenges, and modifications will make you not only a better teacher but offer your clients a better workout.

Hope you can join me! Questions? Email [austinpilatesbarn@gmail.com](mailto:austinpilatesbarn@gmail.com)

## **Working with and Supporting Musicians through Pilates**

**Location:** Online

**Date and Time:** July 31, 2024 – 2:00pm – 4:00pm EDT

\$70 – 2 Peak CEC's

*Can't Make it Live?* No worries. Register and a link will be sent to you to view for 2 weeks.

### **Links to register:**

USA:

<https://peakpilates.com/working-with-and-supporting-musicians-through-pilates-virtual-workshop-july-31-2024>

EU:

<https://peaku.peakpilates.eu/node/6164223?instance=65a0085e88ef73405507b033>