

Ruth Kasckow, Licensed Andover Educator, teaches the course “What Every Musician Needs to Know About the Body” to music educators, students and professionals, helping them to learn how to play with freedom, awareness, and without pain. She has taught workshops at Pasadena City College, Colburn Conservatory of Music, LA Bass Club, Pasadena Suzuki Music Program, Los Angeles Flute Guild, National Flute Association, Performing Arts Medical Association Symposiums, Chapman University and San Diego Flute Guild.

Flutist and teacher, she teaches privately at her studio in La Canada, and is also a faculty member of Pasadena Suzuki Music Program and Yung-mee Rhee Music Academy. Ruth performs in solo recitals, small chamber groups and local orchestras. She received her BA from Goucher College and MFA from California Institute of the Arts and is a member of MTAC.

Ruth has two CDs to her credit: French Impressions for Flute and German Expressions, widely played on classical music stations nationwide. Her two books The Flute Duet Practice Books I and II, scale books in duet form are enjoyed by flutists of all ages and her Chinese Folk Song Suite is an original arrangement of well-known Chinese folk songs for flute quartet.

Contact Ruth for information on workshops and private lessons.

Workshops:

- What Every Musician Needs to Know About the Body
- How Body Mapping Reduces Injury and Improves Performance
- Balance, Arms and Legs
- Movements of Breathing, and many more!

Private Instruction:

- One on one instruction
- Learn how to move with ease
- Reduce tension
- Increase musical expression
- Play in a healthy way



Ruth Kasckow

Flutist and Flute Teacher

Body Mapping:

**Move Well to Improve
Performance and to
Prevent Injury**

***Body Mapping Workshops
and Private Lessons***

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Find out how you can:

- Prevent pain and injury
- Reduce tension and discomfort
- Expand your expressive range
- Move with freedom and ease
- Understand how to use your body effectively to be the musician you want to be

The Workshop:

What Every Musician Needs to Know About the Body is an innovative music wellness course for musicians. Clear, concise information about the body and how it is structured and designed to move is presented for the unique needs of musicians.

Musicians learn how to move in a way which promotes ease and comfort, and prevents pain and injury. This hands-on workshop shows you how to learn about your body's structure and design through body mapping.

Body Mapping:

Your body map is the map or representation you have in your brain that tells you how you are designed. When your body map is accurate, you move in a way that is free and expressive, true to your design. When your body map is inaccurate, you move in a way that can be limiting and awkward, at odds with your design.

Learning body mapping helps you recognize your individual body maps, giving you the tools and knowledge to make changes where changes are needed.

Why Body Mapping:

Sound is created by movement and the quality of movement affects the quality of our sound.

Body mapping is a proven technique that helps musicians move well to play better and without pain.

Who is it for:

Music Teachers
Students of all ages
Professional Musicians
College Students
Amateur Musicians



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