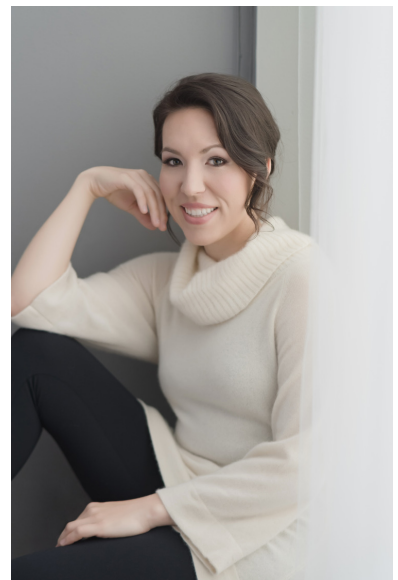


YOGA

FOR MUSICIANS

This 60-minute workshop explores physical awareness and yoga from the perspective of a musician. Improve your posture and alignment, strengthen your core, prevent injuries, and take your practice and performance to the next level.



**ELIZABETH BOROWSKY,
BM, MM, NCTM, RYT 200**

Yoga for Musicians

with Elizabeth Borowsky
BM, MM, NCTM, RYT 200

"This workshop has given me tools to ease any physical tensions and stress that come up through daily life and practice."

-Morgan, violist

"You modeled for us that it really is important to recharge and take care of your body. I've heard my teachers say this, but receiving specific guidance made all the difference for me."

-Abigail, pianist

"Thank you so much for this workshop! In just a week, have noticed that my posture and flexibility have improved, and I am more alert and focused."

-Peter, cellist

Yoga offers powerful opportunities to address the physical, mental, and emotional challenges we musicians face. It's a physical activity accessible to every age and fitness level, and is thoroughly embraced by professional musicians. The best part? You can do it anytime, anywhere, and without any special equipment. During this workshop, we will explore essential postures to stretch, strengthen, improve mental focus, increase breath control, and prevent performance injuries. We will work on developing a repertoire of postures to ease tension in the arms, neck, back, and breath.



Elizabeth Borowsky is a pianist, composer, educator, speaker, and recording artist. In 2015 she pursued teacher training at Sid Yoga in Baltimore, Maryland, earning her RYT 200 certification. She is Executive Director of the International Music Institute and Festival USA summer solo and chamber music program which includes daily yoga practice for all participants.

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