

From the Editorial Committee

Healthy Posturing

Making music in a healthy environment enhances our overall musicianship—both musically and technically—and gives us the opportunity to be lifelong musicians. Over the last year, the *MTNA e-Journal* has been fortunate to have some outstanding authors/musicians who have focused their research and writing about good posture while playing guitar, cello and singing. The two articles in this issue are also about posture. They were paired together in an effort to give readers some helpful tips about being a church organist and a conductor.



Linda Essick Cockey, NCTM

Many of us find that we have expanded our musicianship skills by becoming involved in a local church that accounts for many hours of our time and effort as a musician, on top of our normal and often demanding teaching duties. If you are either a conductor or an organist or—a pianist interested in playing the organ or, you play piano in a church setting, you will find these articles interesting and helpful.

Performance posture, regardless of your instrument, is about efficient body alignment and an awareness that provides a balance between the body and the mind that when done well, can energize both our practices and performances. Natasia Sexton points out in her article, “What’s Good For The Conductor Is Good For The Ensemble.” She goes on to say that an “open and fluid posture” is what every conductor aims to achieve. Sexton’s suggestions could be applied to any musical situation, including duet playing and chamber music making. I found this article fascinating and learned there is so much more involved in conducting than expected.

Most organists begin playing the piano before playing organ. There is a vast amount of coordination that one develops between the feet, keyboard and stops. Jacob Benda’s article provides some wonderful ideas, including conducting from the organ bench! Best wishes for a wonderful fall teaching season and the beginning of a new school year.

—Linda Essick Cockey, NCTM,
Editorial Committee Chair

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