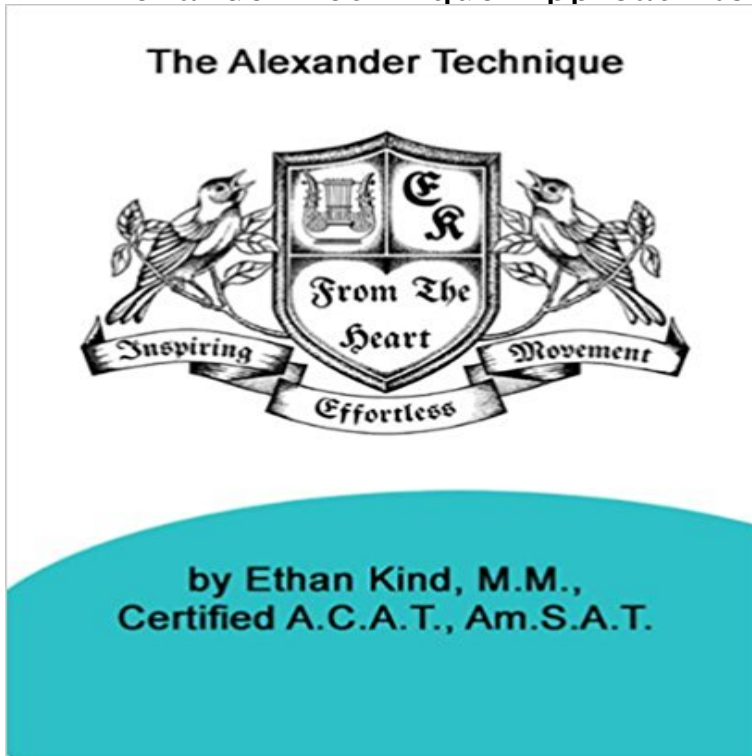


An Alexander Technique Approach to Harpsichord Technique



This ebook uses the Alexander Technique principles of good posture and great technique to assist the harpsichord player. It is the intention of this ebook to help the harpsichordist find a personal technique and posture at the harpsichord that allows you to find the most mechanically advantageous way to play the harpsichord. This ebook is filled with concepts that will help you explore what you've been doing technically, psychologically, and posturally at the harpsichord, and to assist you in finding a way to play your instrument, so that the harpsichord is easier to play and kinder to your body. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. Please contact Mr. Kind if you have any questions about this ebook, suggestions that would make this ebook clearer and more expansive, or suggestions for other ebooks that you would like to see him write about. Mr. Kind can be reached at www.ethankind.com and ethan@ethankind.com. DONT HAVE A KINDLE? You can download the FREE Kindle application and read this ebook on your computer.

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