Unlocking Ease: Embodied Self-Care for Musicians

Presented by Jane Rinard

CMEA, San Jose State, Friday, October 30, 2026

If you attended the session, your feedback would be appreciated.
Click here to join Jane's email list and be notified of future workshops and classes, and feel free to connect via email at jane.rinard@gmail.com with questions or comments. I would love to hear from you!

Notes from the session

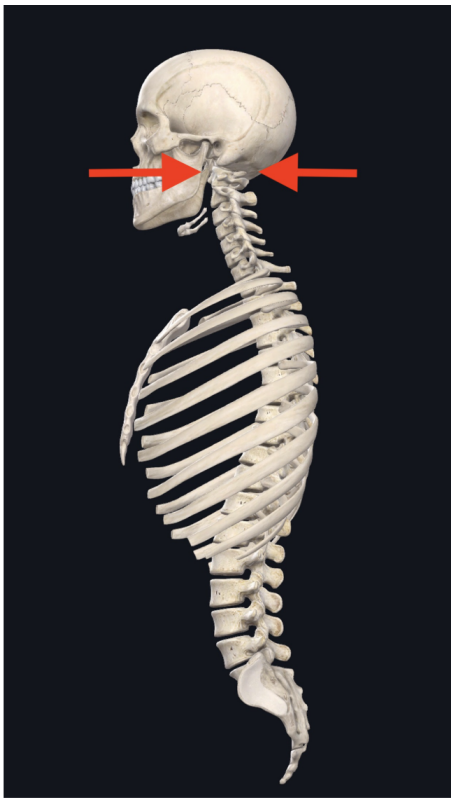
We started by considering the following questions:

Why did you decide to come to this session?
What about the topic interests you?
What challenges are you experiencing in your teaching or music making?

Participants introduced themselves and shared a bit about their situation.

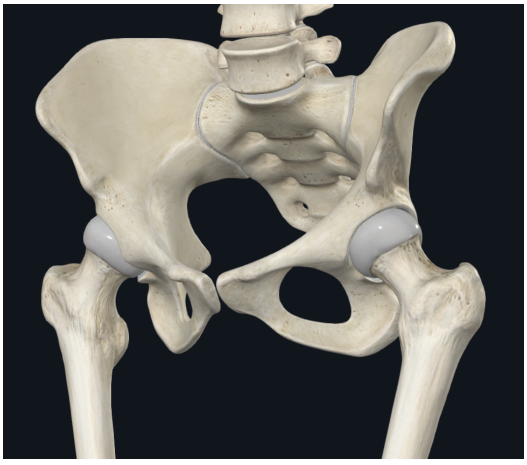
Individual Explorations

We explored what happens when we put a little "scrunch" between our head and spine, and then sang. Then we started with a scrunch and then released it as we sang, and observed the differences. People reported having more resonance and more freedom and ease throughout the body without the scrunch. We talked about how when something happens between the head and spine it has an impact on the whole body. We talked about where the head is balancing on top of the spine and how to invite poise there.



We explored the movement of the ribs and how they swing up and out, which invites the air into the lungs. Here's a short video from Jessica Wolf that beautifully explains the ways it works.

We explored the movement that happens at the hip joints and the way that folding delicately, or thinking of an invisible bow, can provide more options in terms of movement.



Simon Says Game

Purpose: To connect people with their desires, to explore the idea of not doing something habitual like following directions, and to practice making different (non-habitual) decisions/choices.

1. Teacher gives directions and students follow directions
2. Teacher gives directions and students don't do anything
3. Teacher gives directions and students do something else
4. Teacher gives directions and students choose any of the above options. (Take time to pause and ask yourself what you want to do before making the choice each time.)

Extensions: A student can lead the game

Reflection prompts:
What was it like to follow the directions? To not follow directions? To choose?

Additional Resources:
"Onstage Synergy" by Cathy Madden
"Your Body Your Voice" by Michael Gelb
janerinard.com
The Mind Body Music School