

HOUSTON AGO CONVENTION

DEVELOPING A HEALTHY PLAYING TECHNIQUE

Christopher Jennings

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Alexander Technique Exercise

To be used before and during practice sessions, ideally with a mirror next to the keyboard.

- Watch the breath
- Balance the torso on sitting bones
- Allow the spine to gently lengthen
- Allow the shoulders to remain released
- Free neck of unnecessary tension
- Balance head lightly on torso
- Feel pendulous arms supported by the torso
- Sense feet supported by floor
- Allow the legs to gently fall apart
- Maintain kinesthetic awareness
- Watch the breath

CHRISTOPHER JENNINGS is the newly appointed Director of Music at St. Ann & the Holy Trinity, Brooklyn, NY, having recently completed a seven-year tenure as Associate Organist-Choirmaster and Music Associate for Children & Youth at St. James' Church, Madison Avenue, New York City. He completed his Master of Music degree at Yale University, his undergraduate degree at Indiana University, Bloomington, and, most recently, the Certificate in Well-Coordinated Injury Preventive Keyboard Technique at Salem College, Winston-Salem, N.C. An avid performer, he also enjoys the art of accompanying and collaborating with other musicians. In addition to his solo recitals he also performs as part of the Duo Organists team with his husband, Brian Harlow. He has released two CDs on the Schoenstein & Co. Organ at St. James' and has been featured on *Pipedreams* on several occasions. More information available: www.christopherjennings.me.