

# Dr. Lea Pearson

What's the very first thing you think of, when you consider warming up for practice?

Long tones? Embouchure exercises?

I'm inviting you to think bigger: to have fun warming up your whole body before playing. Let's get the blood flowing, the muscles warm, and the body grounded before we even touch that flute! Learn some "movement études" that you can use whenever you need to loosen up. You'll find everything else will go better. Join me, Dr. Lea Pearson, in our video, "Whole-Body Warmups!"

## **Biography:**

One of the world's first Body Mapping Educators, and author of "Body Mapping for Flutists: What Every Flute Teacher Needs to Know About the Body," Dr. Lea Pearson has been helping thousands of musicians recover their ability to play with joy and ease for 25 years.

Guiding performers from the US to China, Dr. Pearson has taught at London's Guildhall School of Music and Drama, The US Air Force Band, and at more than 100 colleges, conservatories, military bases, conferences, camps, and festivals.

Now a leader in the field of online studio instruction, Dr. Pearson is creating new models to help teachers engage students in deeper learning experiences. She hosts "The Transformational Teacher," a virtual group for teachers exploring ways to help students with embodied performance, and is the author of several articles on the subject.

Dr. Pearson holds a D.M.A. in flute performance from The Ohio State University, was a Fulbright Scholar at the Sibelius Academy in Helsinki, and holds B.A. and M.A. degrees from Hampshire College and Stanford University.