

**Introduction:**

This is a short film I made for Elizabeth Koch at the University of Adelaide, Australia during lockdown, She asked for short lessons for the students of all instruments while they were all practicing at home so I thought some "Body Mapping" information might be of use and good to think about your body as the instrument we learn to play!

**Biography:**

Sarah Newbold is a member of the Academy of St. Martin-in-the-Fields and the New London Orchestra, and formerly of both the Welsh National Opera and London Philharmonic. As a freelance player she works regularly with most of the orchestras in Great Britain. Sarah is a member of Alvor Ensemble, Cardiff Winds and Dragonfly.

Teaching plays an important part in Sarah's musical life and she has been a professor of flute at the Guildhall School of Music and Drama since 1989 and the Royal Welsh College of Music and Drama since 2011. Co-director with Zoe Smith of the Llangenny Flute Summer School she is also a regular coach for the National Youth Orchestra of Great Britain.

Sarah is a Licensed Andover Educator, teaching the art of movement in music and is a Senior Fellow of the HEA.