

Tips & Tricks to Tackle Tension: A Musician's Guide to Finding Ease and Comfort
October 19, 2024

We'll explore the intersection between yoga and neuroscience, resulting in regulated nervous systems and reduced muscle and joint tension across 3 timescales: in the moment, before/after rehearsal, and on-going maintenance. We'll 'rehearse' dealing with stress and tension by using our breath, simple movement patterns, and accessible yoga shapes using a chair.

Learning objective: Develop a shared understanding of the impacts of stress and tension and leave with a few ideas for how to manage stress and tension across three timescales.

Timescale	Practices (see youtube links below for videos)
In the moment Examples: 8 bar rest, with pain or discomfort, when you notice unproductive thoughts	<ul style="list-style-type: none">● Breath down-regulation of nervous system with exhale longer than inhale and optional haa sound● Left nostril focused breathing● Mindfulness practice: I do my very best and I let go of the rest● Body scan with small circular range of motion through any joint that's achy
Before and/or after rehearsal or an individual practice session	<ul style="list-style-type: none">● 3 part breath with hands on belly and chest● Spinal 6 - flexion/extension, rotation, lateral flexion● Reflection on process, success, room for improvement
Ongoing maintenance	<ul style="list-style-type: none">● Close fist on inhale and open on exhale (can combine with a focus on left and then right nostril)● Yoga shapes with or without a chair● Self myofascial release (SMR) - roll feet with small ball● Shoulder movements with a resistance band (W to V shape, and L to T shape)

References and Resources:

- Understanding [Stress effects on the body \(apa.org\)](https://www.apa.org)
- Curated YouTube playlist of yoga and [movements for musicians](#)
- Curated YouTube playlist of [mindful breathing for stress resilience](#)
- Curated YouTube playlist of [mindfulness meditation practices](#)

Presented by Kristin Mabry, C-IAYT, ERYT 500, IMTA CMT-P

Kristin is looking forward to supporting her fellow musicians in this workshop! Here's a little more about her background. Kristin serves as a Learning Officer, leading the Human Capital Branch of the NOAA Fisheries Alaska Regional Office. In addition, Kristin is a yoga therapist, fitness and yoga instructor, and owner of The Gym and Mountainside Wellness.

Kristin earned a Master of Environmental Management from Duke University while a single mom. She is an International Mindfulness Teacher's Association Certified Mindfulness Teacher at the Professional Level (CMT-P), an International Association of Yoga Therapists Certified Yoga Therapist (C-IAYT), a Yoga Alliance Experienced Registered Yoga Teacher (ERYT500), a ICF-accredited professional coach, certified trainer for TalentSmart Emotional Intelligence, Crucial Conversations, Crucial Accountability, and DISC, and holds an Organizational Teacher Certification from the Search Inside Yourself Leadership Institute. She also holds a Diversity, Equity and Inclusion in the Workplace Certificate, is a certified Breathing Coach and Mental Health Ally, offers HeartMath Resilience programming and Healing Sound Sessions, and is a nationally-credentialed advocate, volunteering as a victim advocate and crisis response team facilitator.