



# **Canto e postura, principi posturali ed osteopatici al servizio del cantante (Italian Edition)**

*Mauro Banfi*

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# Canto e postura, principi posturali ed osteopatici al servizio del cantante (Italian Edition)

*Mauro Banfi*

**Canto e postura, principi posturali ed osteopatici al servizio del cantante (Italian Edition)** Mauro Banfi  
Con questo breve lavoro si cerca di dare all'allievo, così come al professionista, uno spunto di riflessione sul funzionamento del corpo dell'artista nella pratica quotidiana. Dalla considerazione che la postura è un divenire, si inizia un viaggio alla riscoperta di mobilità corporee, spesso trascurate, assai utili per il cantante. Non è un manuale di tecnica vocale ma è un testo finalizzato al miglioramento della "postura vocale", dedicato anche agli insegnanti che desiderano approfondire queste tematiche. Dalle più frequenti problematiche corporee riferite al canto si esplora una serie di argomenti di supporto al training artistico. I temi originano da stage di gruppo e sessioni di lavoro proposte a cori, gruppo vocali, scuole di musica e rappresentano un bagaglio di sperimentazione in continuo aggiornamento. Mauro Banfi, fisioterapista ed osteopata, da anni si occupa di formazione e divulgazione nell'approccio posturale applicato alle arti espressive (canto, musica, teatro, danza)

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