**Webinar on 27th of November 2020, from 5pm till 8pm.**

**Organised by Brussels Guitar Laboratory | led by Antigoni Goni head of the Guitar department of the Koninklijk Conservatorium Brussel.**

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**Timani – physical aspects of playing and singing**

The physical action of playing an instrument and singing requires a complex and refined use of the more than 600 muscles in the body. Because of the complexity of the required movements, most musicians experience pain, injury or limitations in their technique sometime throughout their career. The method called Timani, founded by pianist and muscle therapist Tina Margareta Nilssen in Norway, addresses the physiology around what musicians need to know about the body. Through learning the individually customized exercises, the musician is provided with the necessary help to experience improvement in the coordination skills. All instructions are given with an anatomical explanation to create clarity for the musician. Through moving better, the musician normally experiences the ability to have a greater range of sound and a more direct pathway to express the music with less effort. The anatomical knowledge and coordination skills can also help to prevent injury and pain caused by mal-alignment and compensatory muscular patterns.

**Where is Timani taught?**

Timani is taught in many music institutions from music and talent schools, universities and to professional orchestras such as the Royal College of Music, London, the Royal Swedish Opera Orchestra in Stockholm, the Navy Band in Oslo and Bergen and Stavanger Symphony Orchestra to mention a few.

The demand is constantly growing and it has currently been taught to thousands of musicians in Sweden, Denmark, Iceland, The Netherlands, Switzerland, UK, Greece, Mexico, France, Germany, Spain, Jordan, Syria, Italy, Egypt, USA and more.

It is an elective study at the Norwegian Academy of Music in Oslo and mandatory at the music conservatories in Trondheim, Tromsø and Basel (Focusyear).

Also, the founder of Timani, Tina Margareta Nilssen has completed several projects at the Centre for Excellence in Music Performance Education (CEMPE) at The Norwegian Academy of Music. Around 13 teachers and 40 students have participated in these projects, and they have rated the relevance of Timani with an average of 9,8 out of 10 for themselves in their every day as musicians.

Several music students have also written Bachelor’s and Master’s Theses on the topic, which can be downloaded on the website [www.timani.no](http://www.timani.no/).[[1]](x-webdoc://F69527A0-9F3A-45F1-9460-F0DF0275529D" \l "_ftn1" \o "" \t "_blank) [[2]](x-webdoc://F69527A0-9F3A-45F1-9460-F0DF0275529D" \l "_ftn2" \o "" \t "_blank) [[3]](x-webdoc://F69527A0-9F3A-45F1-9460-F0DF0275529D" \l "_ftn3" \o "" \t "_blank) in addition to the rapport from CEMPE (Centre for Excellence in Music Performance Education). And the first PhD research project is being performed at the University of Agder, Norway.

There are currently 125 people in 15 different countries who are trained teachers of Timani. They are all musicians that go through a 3-year part time study at the Musicians’ Health and Movement Institute in Oslo, Norway, where they learn in-depth anatomy and body-work as well as the mental aspects of performing.

**Tina Margareta Nilssen**

Tina is the founder and leader of Musicians’ Health and Movement Institute, and the creator of the movement system Timani. In addition to teaching at several universities and in many different countries, she runs a 3-year part time certification program for professional musicians where they learn musician related anatomy and movement and become Timani teachers. There are at the moment 125 teachers in 15 different countries.

She is also a classical pianist (NMH - Masters Degree, Barratt Due Music Institute, UdK Berlin, NTNU), Massage Therapist (Axelsons), Personal trainer (Norges Indrettshøyskole) and mental coach (Mind Detox/Brainspotting) amongst other.

Tina has released 4 critically acclaimed CDs, 3 with her piano duet Dena Piano Duo (2007, 2009, 2013) and one solo album on the same record label 2L (2017). She has played concerts in most European countries and in the USA.

[[1]](x-webdoc://F69527A0-9F3A-45F1-9460-F0DF0275529D" \l "_ftnref1" \o "" \t "_blank)Benedicte Brænden: Velkommen til kroppen. En studie av kroppskontroll og sangteknikk. Sammenligning av Timani og Pilates. Bacheloroppgave, Musikkteaterskolen. 2015.

[[2]](x-webdoc://F69527A0-9F3A-45F1-9460-F0DF0275529D" \l "_ftnref2" \o "" \t "_blank) Marit Danielsen: When my feet help me play pianissimo. A case-study of Timani-technique as an example of a bodily approach to music performance teaching. Masteroppgave, Universitetet i Bergen, Griegakademiet. 2013.

[[3]](x-webdoc://F69527A0-9F3A-45F1-9460-F0DF0275529D" \l "_ftnref3" \o "" \t "_blank)Marit Lid Skorstad: Kropp og instrument – to synergiske element? Kva forhold har songstudentar ved Universitetet i Agder til songpust?. Masteroppgave, Universitetet i Agder, Fakultet for kunstfag, Institutt for klassisk musikk og musikkpedagogikk. 2015.