

BETWEEN THE BEATS

Drumming and the Alexander Technique



Private lessons with **Richie Barshay** - world-renowned drummer and AT teacher*

(*AmSAT '18 candidate)

Each of us approaches the full body task of drumming in our own unique way. Over time, we develop habits that can interfere with our best playing. Drummers get back aches, our sticks fumble, or we can forget to listen to the whole band! We wonder: How can I sit more comfortably behind the kit? How can I play more easily with my feet? Can I be truly ambidextrous? How can I improve my time feel, and be more focused when I improvise?

Through the lense of the Alexander Technique, a century-old method for increasing coordination and awareness through the body, our drum lessons will address how to sit, breathe, and move around the drums so you're playing at your best, whether a seasoned professional looking for growth, or new to the instrument, and all levels in between.

“Richie Barshay is as much a master teacher as he is musician. The concepts that he brings to the table incorporating Alexander Technique and its application to drum set I've found to be profoundly eye opening, and something often overlooked in drum set education.”

- Philip Mayer (Natalie Merchant, The Band's Visit)

"I feel like I have more freedom to make music. It's helped my playing a lot in general, even though my first concern was healing my tendinitis. I felt more stable and grounded - able to be more present in the music with less tension in my body. -Peter Mannheim (Alvin Ailey Dance drummer)

"I've been playing drum set for 15 years, and in the first lesson I started to think differently about my approach to the instrument. Breath, posture, relaxation, touch, groove, tone, time feel. These are all concepts that can be worked on for a musician at any level (or instrument for that matter), and Richie, with his diverse wealth of knowledge offers guidance in a thoughtful, patient and effective way. What I've learned and continue to learn from Richie is invaluable."

-Philip Mayer (Natalie Merchant, The Band's Visit)

Richie Barshay began drumming inside kitchen cabinets at an early age , and continues banging on things worldwide to this day. Noted for his work with the Herbie Hancock Quartet, he's been dubbed "a major rhythm voice on the rise" by Downbeat Magazine. The Guardian (UK) praises "the arrival of a major innovator who also knows how to have fun." On tour and recordings his diverse resume includes Herbie Hancock, Chick Corea, Esperanza Spalding, The Klezmatics, Fred Hersch, Kenny Werner, Lee Konitz, Natalie Merchant, Bobby McFerrin, and Pete Seeger among others. Since 2004 he has led outreach projects as an American Musical Envoy with U.S. embassies on 5 continents. Richie has been teaching drumming since 2005, including private lessons, group rhythm workshops, and body percussion for drummers and non-drummers.

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pricing

single lesson \$35

two-lesson package: \$60 (expires 10 days after first lesson)

three-lessons package: \$75 (expires 3 weeks after first lesson)