

Colin Mehmel is active in the Winnipeg area as a freelance clarinetist, clinician, and Feldenkrais Practitioner. Colin holds music degrees from Michigan State University (M.M.) and the University of Manitoba (B.Mus), where he was fortunate to study with Dr. Caroline Hartig (MSU) and Naoum Gomon (U of M). Colin completed his schooling in the Feldenkrais Method® (GCFP) at the Institute for the Study of Somatic Education in Chicago, Illinois.

Colin teaches clarinet and *Feldenkrais* at the University of Manitoba through the Marcel A. Desautels Faculty of Music Division of Preparatory Studies and at the Manitoba Conservatory of Music and Art. He has performed with the Winnipeg Symphony Orchestra, Manitoba Chamber Orchestra, Clear Lake Chamber Music Festival, has been a soloist with the Mennonite Community Orchestra, a guest artist at Brandon University's Clarinet Festival and is currently principal clarinet of the Winnipeg Wind Ensemble.

Colin's interest in the *Feldenkrais Method*™ began after he sustained a shoulder injury which, in addition to being very painful, caused many difficulties affecting his clarinet playing. After observing how quickly he learned and improved through *Feldenkrais* lessons, Colin decided to become a *Feldenkrais* practitioner himself. Now he uses his knowledge of the *Feldenkrais Method* and musicianship to help his students learn quickly, and to discover how movement can be a foundation of good technique, learning, and achievement.