

*Balanced Musician* Reading Questions, Chapter 10: "Muscle-to-Mind Relaxation Techniques"

1. What does the matching hypothesis state?
2. What are the two different but equally important tasks that deep, diaphragmatic breathing accomplishes?
3. How many musicians tended to hyperventilate in performances as found by Widmer and colleagues (1997)?
4. What is differential relaxation as described by Jacobson (1957)?