

A seasoned, versatile professional hornist, DAVID NESMITH (now retired from playing) continues as an experienced and insightful certified teacher of The Alexander Technique and Body Mapping.

Mr. Nesmith holds degrees from Capital University (BM) and Indiana University (MM). A professional musician for over 35 years, he served for 10 years as Principal horn of the Cleveland Chamber Symphony and 30 years as third horn with the West Virginia Symphony. He was a member of the Cathedral Brass Ensemble (Columbus) for 25 years and the New Hampshire Music Festival for 24 years. He taught the horn, The Alexander Technique, and Body Mapping at Denison University in Granville, OH from 2000 to 2023.

He has been a certified teacher of The Alexander Technique since 2001. His specialty is applying The Alexander Technique for performance enhancement and injury prevention for musicians. He is also a licensed Andover Educator and teaches the course *What Every Musician Needs to Know About the Body*.

David Nesmith is the author of *The Breathing Book for Horn 2nd Ed* (Mountain Peak Music, 2011/2025) and creator of *Constructive Rest: The Audio Guide Series*, a self-help series of mp3 downloads (on iTunes) and CD's incorporating The Eight Primary Intentions of Constructive Rest.

Mr. Nesmith is dedicated to the pursuit of wellness in all aspects of life, both professional and personal. He passionately enjoys slow travel in Italy, the land of his familial heritage, exploring on foot its landscape, language, and art.