



Musician Profile – Flutist Cassie Maloney

www.cassiemaloney.com

medium.com/@CassieMaloney

Instagram - [@usernamecassie](#)

Tell us a little bit about yourself and your life as a musician.



I played flute all through school and eventually studied music education at Slippery Rock University of Pennsylvania. It was there that I had my first Alexander Technique lessons and became interested in wellness for musicians (after suffering a lot of pain and anxiety). Since graduating, I've spent nearly a decade studying the Alexander Technique, yoga, and meditation and finding ways to bring these practices to other musicians. **My goal**

as a teacher is to help people live, play, and work well so they can continue to do what they love.

What projects are you involved with now that particularly excite you?

I'm building my Alexander Technique teaching practice which is located in Beaverton and expanding my online yoga studio. I'm also taking a pottery class, which has been very exciting!

Why are you a member of GPFS?

It has been a while since I've been a part of a flute community. I was so excited to find this group and am hoping to get to know more people. **I've only been in Oregon for a couple of years and would love to connect with more flutists.**

What kind of flute(s) do you play?

Mostly C flute, but I'll play a low flute any chance I get! I play a Miyazawa.

Favorite book you've read or movie you've seen lately? Or, what do you like to do when you are not making music?

Right now, I'm reading "Taking Time," which is a series of interviews with Alexander Technique teachers from the past. I love to do creative things like writing, pottery, and drawing.

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