

JANE MAPSON

After a 40 year career in the music industry and 15 years teaching fitness and wellness, Jane now applies her expertise creating healing, wellness and personal development experiences using movement, music and creative expression. With the intent that participants will undergo the “Light-bulb” moment that creative exploration of music and movement can induce, Jane crafts each class, workshop, or presentation to fit the audience and desired outcomes.

Jane’s work with the Yamaha Corporation’s piano division, Steinway & Sons, and other companies, included implementing educational programs based on specific research on the effects of music-making on physical and mental health. Jane holds a Black Belt in Nia Technique, a movement modality based upon energies and philosophies of dance, martial and healing arts. She is a trained facilitator for Health Rhythms, a program of the Wellness division of the Remo Drum Company, using group drumming in therapeutic and community building programs.

Still navigating her way through grief and loss after her late husband’s extended illness and death, Jane’s understanding and practice of the healing potency of music and movement have been essential tools to move forward, reconnecting with the joy of life. Living in Colorado Springs, Jane is likely to be found outdoors, spending time with any of her great friends, five adult children, their spouses and children, and other family.