

## Ondes Martenot and “Relaxation”: A Study of Execution Methods for Electronic Instruments

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This article, focusing on the method of “Relaxation” that developed from the cooperation between the Russian cellist Youri Bilstin (1888–1947) and the French instrument inventor Maurice Martenot (1898–1980), explores views of the body as expressed in the *Méthode pour l’enseignement des Ondes musicales*, the execution method published by Martenot for the Ondes Martenot. Based on hitherto-published studies on Bilstin’s *Méthode psycho-physiologique d’enseignement musical*, t. 1: *Relaxation* and Martenot’s *La relaxation active*, the present author understands the “Relaxation” method as exercises for sharpening one’s sense perceptions and attaining a deeper cognizance of one’s body, thereby developing her/his person as a whole. Through a comparative examination of the three texts, the author concludes that Martenot’s execution method was a product and elaboration of Bilstin-Martenot’s “Relaxation” method. Finally, possible connections with contemporary ideas of bodily expression are suggested.