

The University
of Texas at
Arlington

July 18-26, 2008

The Ninth Annual Piano Wellness Seminar



The Ninth Annual Piano Wellness Seminar will be held at The University of Texas at Arlington—just west of Dallas. This week-long seminar explores advanced concepts of piano wellness and incorporates various disciplines. In addition to lecture-style presentations and break-out sessions, participants receive private instruction from Piano Wellness Faculty.

The Piano Wellness Seminar is a safe and caring environment and a great place to meet other musicians who share the same concerns and aspirations. This intensive week covers advanced principles of coordination and natural movement at the keyboard in order to enhance sound, avoid pain and injury, and liberate technique. These movements are essential for rendering technical difficulties manageable, stress free, and even effortless. The principles discussed are useful for students, teachers, and performers at all levels.

Participants Will Have Opportunities To . . .

- **Explore** advanced concepts of movement, including how motion affects sound
- **Gain** knowledge to avoid struggling over passages for countless hours
- **Rediscover** the joy of playing, performing, and teaching at all levels
- **Avoid** burnout from competition, pressure, and muscle aches
- **Collaborate** with experts in other fields such as Alexander Technique, Developmental Fitness, Chiromassage, Egoscue Therapy, Meditation, Peaceful Warrior Workout, Pilates, and T'ai Chi
- **Participate** in advanced teacher training sessions to develop diagnostic skills for your own performance and pedagogy

Children's Pedagogy Day Saturday, July 19 Sponsored in part by Steinway and Sons

- Applying Wellness Techniques to Early Level Literature
- Memory Clinic
- Proper Care and Feeding of Your Piano
- How Dominance Profiles Affect Learning Styles
- Common Perceptual Problems in Teaching
- Master Class/Technique Clinic with Children
- Evening Concert



STEINWAY HALL

Dallas

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3717 Camp Bowie Blvd., Ft. Worth, TX 76107
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Piano

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For More Information: call 1-800-864-7507 * fax 856-414-1995 * e-mail info@pianowellness.com

www.PianoWellnessSeminar.com * write 68 Crooked Lane, Cherry Hill, NJ 08034

"I have attended this Piano Wellness Seminar since its inception. Sheila Paige, with her insight, has created a totally caring environment in which all participants feel safe and free to learn and exchange ideas, a true sense of a musical community--a must for all keyboardists."

Yeeha Chiu,
Steinway Artist

"A Revelation!! My encounter with Sheila Paige has literally transformed me as an artist and a musician."

Robert Roux, Rice's Shepherd School of Music, Professor of Piano, Chair of Keyboard Dept.

"What a pleasure it is to encounter a teacher who not only has much to offer from a technical point of view, but who also shows an unusual amount of savvy and insight about the musical and interpretive issues. Her work is sure to be of interest to pianists of all levels."

Michael Gurt, Professor and Keyboard Chairman, LSU School of Music

Meet the Executive Director

Sheila Paige brings over 30 years of experience in the work of Dorothy Taubman and an extensive background in Alexander Technique. She also is a faculty member of the Dorothy Taubman Seminar. Ms. Paige's reputation as a teacher attracts pianists nationally and she commutes to Pittsburgh, Cleveland, Knoxville, Nashville, Memphis, Dallas, Austin, Raleigh and Charlotte to teach on a regular basis. Her students include many university faculty members and performers who have appeared with numerous orchestras including the Vienna Philharmonic, Pittsburgh Symphony, and the London Symphony. Ms. Paige has gained international recognition as a presenter, including the Taubman Symposium at the Selangor Institute of Music in Kuala Lumpur, Malaysia. Recent and future lecture and workshop locations include Dallas, Charlotte, Phoenix, Cherry Hill, the University of Memphis, Southern Methodist University, and Vanderbilt University. Conference presentations include Oklahoma Music Teachers, Music Teachers of California and Texas Music Teachers Association in June 2006. An active performer, Ms. Paige has appeared in recital and with orchestras both locally and nationally. Her accompanying credits include an appearance at Avery Fisher Hall in Lincoln Center, and her solo performances have been broadcast on National Public Radio.

In-Depth Lectures with Faculty Breakout Sessions

Arm Weight & Balance at the Keyboard: An overlooked and essential key to comfortable playing

Forearm rotation: Learn how it eliminates the need to stretch, reduces fatigue and can facilitate great speed.

In and Out: Moving In and Out (or forward and back) helps the long and short fingers maneuver between the black and white keys. It also eliminates the need to twist the hand to reach the black keys and shorter fingers.

Up and Down and Lateral Movements: Learn the role the arm plays in helping fingers move across the keyboard and how much up and down arm movement is needed for different kinds of passages.

Forearm Shaping: The combination of rotation, in and out, up and down, and lateral forearm movements assumes an overall shape or design. This enables the performer to think of only one movement related to a specific sound instead of thinking of so many details.

Octaves and Staccatos: The octave lecture covers arm and hand alignment for the octave position, how to open the hand without stretching, where octave movement originates and the path(s) of rebound. It is impossible to speak of octaves without speaking of staccatos and rebound. Staccato lecture covers easy ways to teach free fall and rebound necessary for all staccato playing.

Additional Lectures: please see descriptions on web site

How Motion Affects Sound

Leaps

If it hurts here check this

Emancipation From Notation

Grouping

Interdependence of Hands

Fingering

"There are many wonderful things to learn from Sheila Paige and others at the Piano Wellness Seminar. For one thing, it's the only chance I have to take Alexander Lessons from a good teacher. I also enjoyed playing in master class for Michael Gurt and Robert Roux."

Jerry Davidson, Emeritus Professor, Kent State University

"Working with Sheila Paige has enabled me to solve technical problems more quickly and efficiently. Her knowledge of how the body works best in playing the organ and piano gives me the tools to discern and overcome physical and musical challenges with greater ease."

Bradley Welch, First Prize and the Audience Prize Winner in the 2003 Dallas International Organ Competition.

FACULTY

Jane Abbott Kirk, B.M., M.M., Performer's Certificate from Indiana University; Associate Professor at Baylor University, TX

Brian Allison, B.M., California State University; M.M., Indiana University; D.M.A., University of North Texas; Associate Faculty; Professor Collin College, Plano, TX

Harvey Bellin, M.D., Chairman of Pathology, Methodist Hospital, Philadelphia, PA

Robert Bonham, B.M. Phillips University, M.M., Kansas University, Ph.D., Ohio University; Professor of Music, Maryville College, TN

Angelin Chang, B.M. Ball State University, M.M. Indiana University, D.M.A. Peabody Institute, Professor of Piano, Cleveland State University

Yee-ha Chiu, A.R.C.M., Royal College of Music, London, England; Diploma, Juilliard School of Music; M.M., Duquesne University, Steinway Artist

Stephen Montoya, B.M., M.M., University of New Mexico

Lynn Rice-See, B.M., Peabody Conservatory; M.M., Juilliard School of Music; D.M.A., University of Southern California; Professor of Piano Middle Tennessee State University

Mary Rich, B.M., M.M., Baylor University; chair of music at Lon Morris College, TX

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REGISTRATION INFORMATION

*A \$250 non-refundable deposit is due by May 30, 2008. The full balance is due by June 30, 2008.
There is a \$50 late registration fee for forms received after June 30, 2008.*

Make checks payable to: Piano Wellness, LLC, 68 Crooked Lane, Cherry Hill, NJ 08034

- \$750 Full tuition for all lectures, clinics, written materials, practice time, lunch every day and performances. (Student rate: \$575) Limited number of work-study grants available to willing students.

- \$1200 Full tuition for all lectures, clinics, written materials, practice time, performances, and a single room in Campus Apartments with 3 meals per day. *Your \$250 deposit must be received by May 30, 2008 in order to guarantee your space in the Campus Apartments,* (Student rate: \$950)

- \$120 All activities per day (lunch is extra)

- \$60 Half-day registration (for Saturday, July 19, Children’s Pedagogy Day only)

Alternate Housing Information: To Be Announced

Return this portion with your registration

Name _____

Address _____

City, State, Zip _____

Phone _____ E-mail _____

- _____ I will be attending the entire week and will stay in the Campus Apartments
- _____ I will be attending the entire week and will make my own reservations for alternate housing.
- _____ I will be attending only the following days: Campus Housing not available for partial stays

-
- _____ I will be attending only the morning session of the Saturday Children’s Pedagogy Day
 - _____ I will be attending only the afternoon session of the Saturday Children’s Pedagogy Day
- (Note: Only Saturday may be split into half-day sessions)*

If you are interested in any of the following, please list the pieces and notify us by May 30, 2008 and send a tape for audition.

- _____ Play in a master class
- _____ Perform in a Participant Recital
- _____ Participate in a Technique Clinic

Teacher: Requested _____ (Dr. Lynn Rice-See is on sabbatical for 2008)

The Piano Wellness Seminar
Sheila Paige, Executive Director
68 Crooked Lane
Cherry Hill, NJ 08034

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*The University of Texas
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July 18-25, 2008



Sponsored in part by:



STEINWAY HALL

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