

Piano Wellness

Seminar

PIANO WELLNESS SEMINAR
at
The University of Texas at Arlington

**WELLNESS
FOR
ORGANISTS**

**Sunday, July 22, 2007
2:00-5:30pm**

**With
SHEILA PAIGE &
BRADLEY WELCH**

"Having worked with Sheila Paige fairly regularly over the past 10 years, I have learned skills which have benefited me greatly as both an organist and pianist. Not only have the occasional pains (that I used to think were natural and to be expected when you played a keyboard instrument) disappeared, but Sheila has also shown me how passages that previously were quite difficult can even begin to feel easy. She is not only a "lifesaver" for those who have struggled with pain or injuries associated with playing, but she has opened up a new world of technical and musical possibilities that I previously (and mistakenly) thought were only available through mindless repetition of finger-strengthening exercises; not to mention that she communicates it all in an affable manner and is a joy to work with...."

- Bradley Welch



**LECTURE
TECHNIQUE CLINIC
TEACHING DEMONSTRATION
HANDS-ON WORK AT THE KEYBOARD**

Even though the piano and the organ are entirely different instruments, the human body playing the instruments is of the same design. Principles of posture, correct alignment, arm weight and balance apply to both instruments. Sheila and Bradley will discuss and demonstrate how these principles apply to the organ, including the use of the pedals. Topics covered include posture, balance, alignment, phrasing, legato, and neck, shoulder and back issues. Enjoy our breakout session where you get to work in small groups with the piano wellness faculty.

Name _____
Address _____
City, State, Zip _____
E-mail _____
Phone _____

Fees: \$60 includes evening concert; registration at the door is \$65
Fees should be paid by June 30, 2007.

Send registration and payment to:

**Piano Wellness LLC
68 Crooked Lane
Cherry Hill, NJ 08034**

Credit cards are accepted.