

The Eighth Annual  
Piano Wellness  
Seminar

July 20-28, 2007

# The Eighth Annual Piano Wellness Seminar

*At the University of Texas at Arlington*

## Special points of interest:

- **Explore** advanced concepts of movement
- **Collaborate** with experts in other fields such as Alexander Technique, Bodymapping, Developmental Fitness, Massage Therapy, Improvisation, Meditation, Peaceful Warrior Workout, and T'ai Chi
- **Participate** in advanced teacher training sessions to develop diagnostic skills for your own performance and pedagogy

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STEINWAY HALL

Dallas

5301 N. Central Expressway, Dallas TX 75205  
214-526-1853

Ft. Worth

3717 Camp Bowie Blvd., Ft. Worth, TX 76107  
817-665-1863

## Participate in the Eighth Annual Seminar

The Eighth Annual Piano Wellness Seminar will take place this year at the University of Texas at Arlington—just west of Dallas.

Are you burned out from competition, pressure, and muscle aches? Rediscover the joy of playing and performing at all levels. Gain the knowledge to avoid struggling over passages for countless hours.

This week-long seminar covers advanced principles of coordination and natural movement at the keyboard. These movements are essential for rendering technical difficulties

manageable, stress free, and even effortless. In addition to lecture-style presentations, participants will receive 3 private lessons from seminar faculty and also participate in breakout sessions with faculty throughout the week.

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.

The principles discussed are useful for students, teachers, and performers at all levels.

Private sessions are also

available with experts from other fields.



## NEW IN 2007

- Private lessons
- Wellness for Organists  
Sunday afternoon  
July 22
- Piano Wellness for Kids!  
Saturday, July 28  
Master classes  
Lectures  
Concert

## Steinway to Sponsor Piano Wellness Seminar and Children's Pedagogy Day Saturday, July 21, 2007

### Children's Pedagogy Day

#### Topics

- Teaching the early literature applying wellness techniques: Pieces TBA
- Memory Clinic with children: working with actual students to improve

their memorization skills

- How to teach proper balance and arm weight at the piano
- Master Class with Children
- Developmental Fitness : working with students

- Evening concert
- All the events of Children's Pedagogy Day are sponsored in part by Steinway Hall, Dallas and Ft. Worth.



For More Information: call 1-800-864-7507 \* fax 856-414-1995 \* e-mail [Info@PianoWellness.com](mailto:Info@PianoWellness.com)

[www.PianoWellnessSeminar.com](http://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.

*"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

## Meet the Executive Director

**Sheila Paige**, Executive Director of the Piano Wellness Seminar, brings 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 Institute. Ms. Paige's reputation as a teacher attracts pianists nationally, and she commutes to Pittsburgh, Knoxville, Dallas, Atlanta, 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, Dallas American Guild of Organists and Duquesne University. Conference presentations include Oklahoma Music Teachers, Music Teachers of California and Texas Music Teachers Association. 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.

## Topics covered include

**Basic Anatomy for Pianists:** Understanding how the body is put together & how it is designed to move will help pianists, teachers and students with technique. The easier and more fluid the technique, the more the performer's focus can shift to the music and away from worrying about the notes.

**Seating and Posture:** How posture and balance can help or hinder your playing. Learn how good posture can free arms and hands for coordinate and natural movement to occur.

**How Motion Affects Sound:** Learn how different hand, arm and finger movements change tone, color and phrasing. Let your body work with your musicianship, not against it.

**Grouping:** How organization of music can eliminate numerous technical and musical issues.

**Leaps:** Various principles and techniques can make leaps feel as though they disappear.

**Interdependence of Hands:** Pianists need interdependence, or integration of hands in order for their hands to truly feel independent. Learn the importance of solving problems hands alone first, but why that isn't enough.

**Fingering:** Fingering can literally make or break both the passage and the pianist. Learn new concepts of fingering; challenge your concepts of how to create a legato sound.

**Emancipation From Notation:** The markings on the page are indications of how the music should sound. They do not necessarily tell the performer how to create that sound. Learn different ways of creating sound and legato that can free you from the impossible stretches and pulls that seem to be called for in the music.

*"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

*"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

**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; Retired 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

For More Information: call 1-800-864-7507 \* fax 856-414-1995 \* e-mail [Info@PianoWellness.com](mailto:Info@PianoWellness.com)

[www.PianoWellnessSeminar.com](http://www.PianoWellnessSeminar.com) \* write 68 Crooked Lane, Cherry Hill, NJ 08034

## REGISTRATION INFORMATION

*A \$250 non-refundable deposit is due by May 30, 2007. The full balance is due by June 30, 2007.  
There is a \$50 late registration fee for forms received after June 30, 2007.*

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

- \$725 Full tuition for all lectures, clinics, written materials, practice time, lunch every day and performances. Includes 3 private lessons with seminar faculty. (Student rate: \$550)  
A limited number of work-study grants are available to willing students.
- \$1175 Full tuition for all lectures, clinics, written materials, practice time, performances, and a single room in Campus Apartments with 3 meals per day. Includes 3 private lessons with seminar faculty. *Your \$250 deposit must be received by May 30, 2007 in order to guarantee your space in the Campus Apartments,* (Student rate: \$925)
- \$120 All activities per day (lunch is extra)
- \$60 Half-day registration (for Saturday, July 21, Children’s Pedagogy Day only)

### ALTERNATE HOUSING: TBA

Information will be posted on the website  
[www.PianoWellnessSeminar.com](http://www.PianoWellnessSeminar.com)

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*Return this portion with your registration*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Requested Teacher \_\_\_\_\_

Please check one of the following.

- \_\_\_\_\_ 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:

- 
- \_\_\_\_\_ 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 check below and notify us by May 30, 2007. Send a list of the piece(s) and a tape for audition.

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

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

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**July 20-28, 2007**



Sponsored in part by:



STEINWAY HALL

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