

# KEYBOARD WELLNESS SEMINAR 2016

(Schedule subject to change)

## Friday, July 22, 2016

1:00-5:00 pm	<b>Registration</b>
5:00-7:00 pm	Dinner on your own or in dining hall if dorm resident
7:00 pm	<b>Orientation</b>
8:00 pm	<b>Opening Concert:</b> Sheila Paige, Harvey Bellin

## Saturday, July 23, 2016

9:00 am	<b>Introduction to Keyboard Wellness:</b> Sheila Paige
9:10 am	<b>Alexander Technique:</b> Phyllis Richmond
10:30 am	<b>Balance and Arm Weight at the Keyboard:</b> Sheila Paige
11:30 am	<b>Breakout Sessions</b> Participants will work with faculty members on ideas from the previous lecture.
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Showcase, Theory in Minutes:</b> Ann Lowry from Music Bag Press, Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00-4:30 pm	<b>Keyboard Wellness at the Organ:</b> Bradley Welch Dr. Welch will discuss applying Keyboard Wellness techniques to the organ. Often organists are asked to play piano scores on the organ. Dr. Welch will show how to make these pieces musically successful, with technical ease. Afterwards there will be a hands on workshop for participants at the organ. Room 253
4:30-5:30 pm	<b>Reflexology:</b> Tom Greenfield
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Faculty Recital:</b> Vicki Conway and Mary Tidwell, duo pianists

## Sunday, July 24, 2016

8:00 am	<b>Alexander Technique, Proper Posture and Seating:</b> Phyllis Richmond
9:00 am	<b>How Motion Affects Sound:</b> Sheila Paige
10:15 am	<b>Breakout Sessions</b> Participants will work with faculty members on ideas from the previous lecture

11:30 am	<b>HeartMath and FreezeFrame:</b> Robert Bonham Do our thoughts and feelings affect our performance? Of course they do. The intimate connection between feelings and the physical heart and brain can be demonstrated in the biofeedback program of HeartMath. FreezeFrame teaches techniques to help you stay in the zone. Dr. Bonham will work with 2 or more volunteers and we'll see their progress later in the week. The volunteers will get to practice with emWave biofeedback devices throughout the seminar.
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Reiki:</b> Heidi Williams
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 -4:30 pm	<b>Master Class:</b> Sheila Paige
4:30-5:30 pm	<b>Fine Tune Your Ears:</b> Vicki Conway Learn the critical role that the inner ears play in both listening and balance.
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
7:00 pm	<b>Support Group:</b> Robert Bonham, moderator
8:00 pm	<b>Faculty Recital:</b> Yeeha Chiu with guest cellist Dace Sultanov

## Monday, July 25, 2016

8:00 am	<b>Tune Up Tips to Start Your Morning and Enhance Your Day:</b> Robert Bonham
9:00 am	<b>Forearm Rotation:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Faculty Technique Clinic</b> (Open only to Faculty and Faculty-In-Training)
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Tips for setting up your studio for web lessons:</b> Sheila Paige, Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Grouping:</b> Sheila Paige
4:00 pm	<b>Developmental Fitness:</b> Vicki Conway Weak developmental skills can inhibit learning and create anxiety in performance situations. Learn activities to use with yourself and your students to evaluate and refine these critical skill areas.
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Participant Recital:</b> TBA

## Tuesday, July 26, 2016

8:00 am	<b>Tune Up Tips to Start Your Morning and Enhance Your Day:</b> Robert Bonham
9:00 am	<b>In and Out Forearm Movements,</b> Sheila Paige

10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Technique Clinic:</b> Sheila Paige
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Showcase, Stress Control, featuring Nature’s Sunshine herbs and vitamins:</b> Tom Greenfield, Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Leaps:</b> Sheila Paige
4:00-5:30pm	<b>Master Class:</b> Sheila Paige
5:30-7:00	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Participant Recital:</b> TBA

## Wednesday, July 27, 2016

8:00 am	<b>Tune Up Tips to Start Your Morning and Enhance Your Day:</b> Robert Bonham
9:00 am	<b>Up and Down and Lateral Forearm Movements:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Faculty Technique Clinic</b> (Open to only Faculty and Faculty-in-Training)
12:30 pm	Lunch in the Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Interdependence of Hands:</b> Sheila Paige
4:00 pm	<b>A Microscopic Look at Scales:</b> Sheila Paige
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Participant Recital:</b> TBA

## Thursday, July 28, 2016

8:00 am	<b>T'ai Chi:</b> Phyllis Richmond
9:00 am	<b>Forearm Shaping:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Technique Clinic:</b> Sheila Paige
12:30 pm	Lunch in the Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00-3:30 pm	<b>Emancipation from Notation:</b> Sheila Paige
3:30-4:00 pm	<b>Ergonomic Use of the Computer, Tablets, and Phones:</b> Sheila Paige
4:00-5:00 pm	<b>Joint Technique Clinic with Alexander Technique and Keyboard Wellness:</b>

	Phyllis Richmond and Sheila Paige
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	FREE NIGHT (group dinner TBA)

## Friday, July 29, 2016

8:00 am	<b>T'ai Chi:</b> Phyllis Richmond
9:00 am	<b>Octaves and Staccatos:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Faculty Technique Clinic</b>
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>HeartMath and FreezeFrame Follow Up:</b> Robert Bonham, orchestra hall Volunteers for the week will be evaluated again to see what their progress has been during the week.
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Issues of the Thumb:</b> Sheila Paige
4:00 pm	<b>Master Class:</b> Sheila Paige
5:30-7:00	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Concert:</b> Guest Artist Michael Gurt After concert reception and going home party

## Saturday, July 30, 2016

	Breakfast for dorm residents Return home!
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