

*The University  
of North Texas*

**July 24-August 1,  
2009**

# The Tenth Annual Keyboard Wellness Seminar



**SHEILA PAIGE**

The Tenth Annual Keyboard Wellness Seminar will be held at The University of North Texas in Denton, just outside of Dallas. This week-long seminar explores advanced concepts of keyboard wellness and incorporates various disciplines. In addition to lecture-style presentations and break-out sessions, participants receive private instruction from Keyboard Wellness Faculty.

The Keyboard 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.

The Tenth Annual Piano Wellness Seminar

Is becoming the Tenth Annual

## Keyboard Wellness Seminar

Now for pianists and organists

Pianists and organists have very similar issues at the keyboard. Many of the postural issues are quite similar. Sessions are designed to be helpful to both players. This year we will also have special sessions just for organists.

Announcing our new organ faculty member,

**Bradley Hunter Welch**

### *Participants Will Have Opportunities To . . .*

- **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
- **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

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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.

*"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 number many university faculty members and performers who have appeared with orchestras including the Vienna Philharmonic, Pittsburgh Symphony, and the London Symphony. Ms. Paige gained international recognition as a presenter at 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, Texas Music Teachers Association, Piano Celebration in CO, and the June 2009 Seminar for Piano Teachers at the University of Oklahoma. An active performer, Ms. Paige has appeared in recital and with orchestras both locally and nationally. Among her accompanying credits is 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:** This is 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 website: [PianoWellnessSeminar.com](http://PianoWellnessSeminar.com)**

**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 Tidwell**, B.M., M.M., Baylor University; chair of music at Lon Morris College, TX

**Bradley Hunter Welch**, B.A., Baylor University, M. M., Yale University, D.M.A., Yale University

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

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## REGISTRATION INFORMATION

*A \$300 non-refundable deposit is due by May 30, 2009. The full balance is due by June 30, 2009.*

*There is a \$50 late registration fee for forms received after June 30, 2009.*

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

- \$775 Full tuition for all lectures, clinics, written materials, practice time, lunch every day and performances. (Student rate: \$600) Limited number of work-study grants available to willing students.
- \$1,225 Full tuition for all lectures, clinics, written materials, practice time, performances, and a single room in Campus Apartments with 3 meals per day. *Your \$300 deposit must be received by May 30, 2009 in order to guarantee your space in the Campus Apartments.* (Student rate: \$975)
- \$120 All activities per day (lunch is extra)

**Alternate Housing Information: To Be Announced On Website**  
**[www.PianoWellnessSeminar.com](http://www.PianoWellnessSeminar.com)**

*Return this portion with your registration*

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Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

- \_\_\_\_\_ I am over 18 years of age.
- \_\_\_\_\_ I am under 18 years of age (must be accompanied by parent or guardian for campus housing.)
- \_\_\_\_\_ 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.)
- \_\_\_\_\_

If you are interested in any of the following, please list the pieces and notify us by May 30, 2009 and send a tape for audition.

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

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Sheila Paige, Executive Director  
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