

KEYBOARD WELLNESS SEMINAR 2010
(schedule subject to change)

Friday, July 23, 2010

1:00-5:00pm **Registration**
5:00-7:00pm Dinner on your own or in dorms if dorm resident
7:00pm **Orientation**
8:00pm **Opening Concert,**
Keyboard Wellness Seminar Faculty

Saturday, July 24, 2010

9:00am **Introduction to Piano Wellness, Sheila Paige**
9:10am **Alexander Technique: Phyllis Richmond**
10:15am **Balance at the Keyboard, Sheila Paige**
11:15am **Breakout Session**
Participants will work with faculty members on ideas from the previous lecture.
12:30pm Lunch in the Orchestra Hall
1:00pm Showcase: Just The Facts Theory Series, Ann Lowry
Free time until 3:00pm for practice, lessons, rest, etc.
3:00-4:30: **Developmental Fitness Evaluation, Vicki Conway:**
Two seminar participant volunteers will discuss learning, performing, memory, or anxiety issues that they wish to improve. They will then be evaluated for development skills in front of the group and assigned exercises for the week.
4:30-5:30 **Master class with Children, Sheila Paige**
5:30-6:30 Dinner on your own or in dorms if dorm resident
7:00 **Support Group: Robert Bonham, moderator**
8:00 **Participant Recital**

Sunday, July 25, 2010

8:00am **Alexander Technique: Proper Posture and Seating, Phyllis Richmond**
9:00am **How Motion Affects Sound**
10:15am **Breakout Session**
Participants will work with faculty members on ideas from the previous lecture
11:30am **Is It My Piano or Me? Stephen Claunch:** master technician from Steinway Hall Dallas
12:30pm Lunch in the Orchestra Hall
1:00pm **Heart Math and FreezeFrame, 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 volunteers and we'll see their progress later in the week.

3:00pm **Two scheduled sessions**

- **Memory Lecture: Sheila Paige**
- **Keyboard Wellness at the Organ, Bradley Welch**

4:30pm **Reflexology: Tom Greenfield**

5:00pm 5:45 **Meditation, Moderator TBA**

Dinner in Orchestra Hall for dorm residents

8:00pm **Participant Recital**

Monday, July 26, 2010

8:00am **T'ai Chi, Phyllis Richmond**

9:00am **Forearm Rotation: Sheila Paige**

10:30am **Breakout sessions with faculty members**

11:30am **Faculty Technique Clinic**

12:30pm Lunch in Orchestra Hall

FREE TIME until 3:00pm for practice, lessons, rest, etc.

3:00pm **Grouping review, Sheila Paige**

4:00pm **Master Class: Sheila Paige**

5:15pm **Meditation: Moderator TBA**

Dining hall open 5:30-7:00

8:00pm **Participant Recital**

Tuesday, July 27, 2010

8:00am **Tune Up Tips to Start Your Morning and Enhance Your Day: Robert Bonham**

9:00am **In and Out Forearm Movements, Sheila Paige**

10:30am **Breakout sessions with faculty members**

11:30am **Technique Clinic, Sheila Paige**

12:30pm Lunch in the Orchestra Hall

FREE TIME until 3:00pm for practice, lessons, rest, etc.

3:00pm **Leap Review, Sheila Paige**

4:00pm **If It Hurts Here, Check This: Sheila Paige**

5:15pm **Meditation: Moderator TBA**

Dining hall open until 5:30-7:00

7:00 **Support Group: Robert Bonham, moderator**

8:00pm **Participant Recital**

Wednesday, July 28, 2010

8:00am **T'ai Chi, Phyllis Richmond**

9:00am **Up and Down and Lateral Forearm Movements: Sheila Paige**

10:30am **Breakout sessions with faculty**

11:30am **Faculty Technique Clinic**

12:30pm Lunch in the Band Hall

FREE TIME until 3:00pm for practice, lessons, rest, etc.
3:00pm **Interdependence of Hands Review: Sheila Paige**
4:00pm **Master Class: Sheila Paige**
5:15pm **Meditation: Moderator TBA**
Dining hall open until 5:30-7:00
8:00pm **Concert, Angelin Chang**

Thursday, July 29, 2010

8:00am **Tune Up Tips to Start Your Morning and Enhance Your Day: Robert Bonham**
9:00am **Forearm Shaping: Sheila Paige**
10:30am **Breakout sessions with faculty**
11:30am **Technique Clinic: Sheila Paige**
12:30pm Lunch in the Band Hall
FREE TIME until 3:00pm for practice, lessons, rest, etc.
3:00pm **Fingering review: Sheila Paige**
4:00pm **Two scheduled sessions**

- **Developmental Fitness Follow Up:** Seminar volunteers who were evaluated will demonstrate progress made on the assigned exercises and discuss any observations or changes in the targeted cognitive areas.
- **Master Class for Organists: Bradley Welch**

5:45pm **Meditation: Moderator TBA**
Dining hall open 5:30-7:00
8:00pm **FREE NIGHT** (group dinner TBA)

Friday, July 30, 2010

8:00am **Tune Up Tips to Start Your Morning and Enhance Your Day: Robert Bonham**
9:00am **Octaves and Staccatos: Sheila Paige**
10:30am **Breakout sessions with faculty**
11:30am **Faculty Technique Clinic**
12:30pm Lunch in the Band Hall
1:00pm **Heart Math and FreezeFrame Follow Up:** Volunteers for the week will be evaluated again to see what their progress has been during the week
FREE TIME until 3:00pm for practice, lessons, rest, etc.
3:00pm **Emancipation from Notation: Sheila Paige**
4:00pm **Master Class: Sheila Paige**
5:15pm **Meditation: Moderator TBA**
Dining hall open 5:30-7:00
8:00pm **Concert, Michael Gurt**
After concert reception and going home party

Saturday, July 31, 2010

Return home