

# A HOLISTIC APPROACH TO THE PIANO:

## AN ALEXANDER TECHNIQUE WORKSHOP FOR PIANO TEACHERS AND PERFORMERS

This practical hands-on workshop will introduce skills for developing a comfortable, ergonomic, and reliable physical relationship with the piano. We will focus on:

- **Sitting**
  - **Taking the arm to the piano**
  - **Arm Weight and its implications**
- **Integration of technique and expression**

The Alexander Technique is a mind-body approach that teaches you how to **reduce unnecessary tension and effort** and **improve posture, coordination, and breathing**. It has been popular among musicians for over 100 years to enhance freedom and ease in practice and performance and to reduce the risk of injury caused by habitual poor coordination.



### PHYLLIS RICHMOND

- Certified Teacher of the Alexander Technique with 20 years experience teaching musicians for universities and professional programs
- Offers classes at the University of North Texas College of Music and private lessons in Dallas and Arlington
- Teaches workshops for US and international programs
- [www.alexandertechniquedfw.com](http://www.alexandertechniquedfw.com)

### DR. LUIS SANCHEZ

- Texas A&M University-Commerce – Assistant Professor of Piano
- Concerts and master classes in North and South America, Asia, and Europe.
- Students have been prizewinners at regional, national, and international competitions.
- [www.sanchezpianist.com](http://www.sanchezpianist.com)



#### **WHEN:**

**Saturday, March 12 2011 from 9:00 am–5:00 pm**

#### **COST:**

**\$100 (Includes materials – lunch on your own)**

**Enrollment is limited.**

#### **REGISTRATION DEADLINE:**

**March 10, 2011**

#### **LOCATION:**

**Steinway Hall – Plano  
5813 Preston Rd. Suite 570**

#### **FOR MORE INFORMATION AND REGISTRATION PLEASE CONTACT:**

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**OR**

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