

*The University
of North Texas*

**July 27-
August 4, 2012**

The Thirteenth Annual Keyboard Wellness Seminar



With

SHEILA PAIGE

The Thirteenth 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 **dynamic lecture-style** presentations with **live 3-angle video camera piano demos** and **exciting hands-on** break-out sessions, participants receive private instruction from Keyboard Wellness Faculty.

The Keyboard Wellness Seminar is a **safe** and **caring environment** and a great opportunity 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 effortless. The **principles discussed** are useful for **students, teachers, and performers** at all levels.

The Thirteenth Annual Piano Wellness Seminar
Has Become the Thirteenth Annual

Keyboard Wellness Seminar

Now for pianists and organists

Pianists and organists have very similar issues at the keyboard including posture, alignment and balance. Sessions are designed to be helpful to both players. This year we will also have special sessions just for organists with 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, Reflexology 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@keyboardwellnessseminar.com

www.KeyboardWellnessSeminar.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
Department.

"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, Phoenix, 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 aspect 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 shorter fingers or the black keys

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: KeyboardWellnessSeminar.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 Hunter 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; Professor of Music: Collin College, Plano, TX

Harvey Bellin, M.D., Former 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

Yeeha Chiu, A.R.C.M., Royal College of Music, London, England, Diploma, Juilliard School of music, M.M., Duquesne University; Steinway Artist

Vicki Conway, B.M., Stephen F. Austin State University, M.M., Baylor University; Senior Lecturer in Music, The University of Texas at Tyler

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

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REGISTRATION INFORMATION

*A \$300 non-refundable deposit is due by May 31, 2012. The full balance is due by June 30, 2012.
There is a \$50 late registration fee for forms received after June 30, 2012.*

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

\$875 Full tuition for all lectures, clinics, written materials, practice time, lunch every day and performances. (Student rate: \$700) Limited number of work-study grants available to willing students.

\$1,325 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 31, 2012 in order to guarantee your space in the Campus Apartments.* (Student rate: \$1,075)

\$130 All activities per day (lunch is extra)

(Checks and credit cards accepted)

**Alternate Housing Information: To Be Announced On Website
www.KeyboardWellnessSeminar.com**

Return this portion with your registration

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 31, 2012 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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