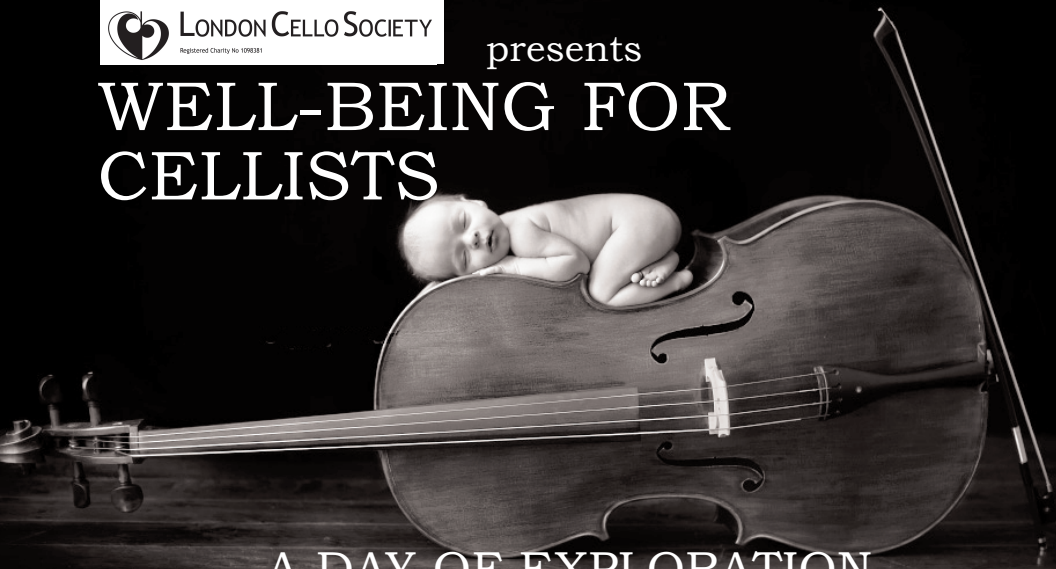




presents

WELL-BEING FOR CELLISTS



A DAY OF EXPLORATION

Pilates Alexander Technique Injury Prevention Counselling

Royal Academy of Music
David Josefowicz Hall

Marylebone Road London NW1 5HT

Sunday 13 March 2011 10.00AM – 5.00PM

PRESENTERS

Katherine Butler
Preventing Hand Injuries

Selma Gokcen
Alexander Technique

Erika Klemperer
Psychodynamic Psychotherapy

Felicity Vincent
Pilates Method

WELL-BEING FOR CELLISTS

Join us for *Well-Being for Cellists* with some of the finest experts in their respective specialisms! Looking after ourselves is of primary importance and crucial to our ability to give our best on stage and in our daily work. How do we play our instrument in harmony with our design? How can we take advantage of the wonderful natural coordination we possess as human beings? How can we pass on to our students the knowledge that will prevent injuries? What are the emotional challenges of our profession and how do they affect our well-being? For answers to these questions and much more, we invite you to participate in this one-of-a-kind event.

SCHEDULE OF EVENTS

MORNING

10.00	Registration
10.30	Fit to Play: Pilates and more
11.45	Stage Fright: An Invitation for Self-Exploration
12.30	Lunch

AFTERNOON

13.45	Alexander Technique: The Miracle of Coordination
15.00	Preventing Hand Injuries
16.00	Tea Break
16.30	Q & A session (30 minutes)

WORKSHOP FEES Full day: £50 | 25* Half Day: £25 | £12.50*

***Students | Concessions All LCS members receive a 20% discount.**

Fees include refreshments

Prior Booking at www.irstickets.co.uk

PRESENTERS

Katherine Butler | Preventing Hand Injuries

Katherine Butler established London Hand Therapy in 2006 to provide first class private assessment and treatment for musicians with hand and upper limb conditions. A musician herself, she is one of a few fully accredited hand therapists with the British Association of Hand Therapists. She established five hand therapy units and is currently performing doctoral research in the area of Focal Hand Dystonia affecting musicians. Ms Butler has lectured and published on a wide range of topics and has been the invited speaker at a number of international conferences.

Selma Gokcen | Alexander Technique

Selma Gokcen holds three degrees from the Juilliard School and is professor of cello and the Alexander Technique at the Guildhall School of Music and Drama. In addition to a performing career, she teaches movement re-education to performers and students and specialises in retraining musicians with injuries. Her workshops, called The Well-Tempered Musician, address movement and coordination in string playing and the quality of attention in performance.

Erika Klemperer | Psychodynamic Psychotherapy

Erika Klemperer is well-known as a professional violinist. A professor at the Guildhall School of Music and Drama, her interest in the psychology of teaching and playing led her to retrain as a therapist. She holds both a Diploma in Psychodynamic Counselling and Psychodynamic Psychotherapy from one of the leading institutions in the United Kingdom, WPF Therapy. She is a staff counsellor at WP and also has a private practice in both North London and London Bridge.

Felicity Vincent | Pilates Method

Felicity Vincent studied at the Royal Academy of Music with Muriel Taylor and Derek Simpson, then joined the Hallé Orchestra. An accomplished recitalist, she developed her playing through prolonged study with Janos Starker, Donald McCall, the Beaux Arts Trio, Raya Garbousova and Zara Nelsova. She teaches Pilates and promotes fitness training to combat postural problems associated with hypermobility and the effects of playing stresses. A British Association of Performing Arts Medicine consultant, she lectures and has published articles here and in the USA.

Royal Academy of Music Marylebone Road London NW1 5HT