

The Fifteenth Annual Keyboard Wellness Seminar  
at the University of North Texas

SHEILA PAIGE, *Executive Director*

JULY 25 - AUGUST 2, 2014



creating a wellness legacy for the future...

[www.KeyboardWellnessSeminar.com](http://www.KeyboardWellnessSeminar.com)

Join us for the 15th Annual Keyboard Wellness Seminar founded and presented by pianist and renowned pedagogue Sheila Paige. Ms. Paige has over 35 years of experience in the Taubman Approach and an extensive background in Alexander Technique. In 1995, Sheila Paige began presenting workshops on the Taubman Approach; over the years demand for her workshops and private lessons grew. In 2000, Ms. Paige realized her dream of organizing an annual seminar based on a multi-disciplined approach to learning and began the Piano Wellness Seminar. It became the Keyboard Wellness Seminar in 2009 with the addition of organ, and now computer use is also included.

What sets this seminar apart and makes it unique from other conferences and festivals is the inclusion of many supportive and synergistic disciplines. Better use of the body helps all pianists to play with more ease, gain a better technique, and achieve the goal for which all musicians strive: a technique so comfortable that it leaves the performer free to think only about the music. Sessions given by Ms. Paige on the Taubman Approach and her other innovative strategies are complemented with Alexander Technique sessions given by Phyllis Richmond, MSTAT. But because the body is connected to the mind and the emotions, or, if you will, the spirit, these areas are also explored.

*Developmental* Fitness, presented by Vicki Conway, is a performance enhancement and stress reduction program based upon the principle of neural plasticity. Our early childhood experiences, along with thirteen developmental skills, establish the neural wiring patterns upon which we base all future learning. However, these patterns can be modified and improved upon throughout life. Using integrative movements and simple manipulatives, this program makes the entire body the instrument of learning. If you know how your brain, body, and emotions are interrelated, you can rapidly improve your rate of learning while reducing stress and anxiety.

Participants have access to a week of biofeedback training, presented by Robert Bonham. The training uses HeartMath technology to demonstrate the intimate connection between feelings and the physical heart and brain. FreezeFrame then teaches techniques to stay in the zone and reduce performance anxiety.

We also have sessions on Meditation, Reflexology, Nutrition, Reiki, iPad for pianists, T'ai Chi, Peaceful Warrior Workout, Tune-up Tips to Optimize Your Day, and Memorization. Disciplines in other years have included Bodymapping, Egoscue Method, Massage Therapy, and Pilates. Of course, there are also master classes, private lessons with an experienced faculty, concerts, and the energy, camaraderie, and support that one expects to experience at piano festivals.

Sheila Paige and the Keyboard Wellness Seminar faculty are dedicated to helping today's pianists "create a wellness legacy for the future." Join us for a week of playing, learning, performing, inspiration, and excitement!



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[www.KeyboardWellnessSeminar.com](http://www.KeyboardWellnessSeminar.com)





# In-Depth Lectures with Faculty Breakout Sessions

## Balance and Arm Weight at the Keyboard:

These principles are often overlooked yet are essential keys to comfortable playing.

## How Motion Affects Sound:

Learn how different arm, hand and finger movements change tone, color and phrasing. Let your body work with your musicianship, not against it.

## Forearm Rotation:

Learn how this movement eliminates the need to stretch, reduces fatigue and can facilitate great speed.

## In and Out Movements:

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 and 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, allowing 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.

## A sampling of additional Seminar Lecture topics includes:

(please see descriptions on website at [www.KeyboardWellnessSeminar.com](http://www.KeyboardWellnessSeminar.com))

- Leaps
- If It Hurts Here, Check This
- Emancipation From Notation
- Grouping
- Interdependence of Hands
- Fingering



## 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, iPad, Meditation, Peaceful Warrior Workout, Reflexology, Reiki and T'ai Chi for pianists
- EXPLORE advanced concepts of movement, including how motion affects sound
- GAIN knowledge to avoid struggling over passages for countless hours
- PARTICIPATE in advanced teacher training sessions to develop diagnostic skills for your own performance and pedagogy
- REDISCOVER the joy of playing, performing, and teaching at all levels





## **Sheila Paige,** Executive Director and Founder

Sheila Paige brings over 35 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 and her reputation as a teacher attracts pianists and organists from around the globe. She commutes to Pittsburgh, Cleveland, 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, South Carolina Music Teachers, Kansas Music Teachers Association, National American Guild of Organists Convention, 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 recitals 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.

## **KEYBOARD WELLNESS SEMINAR FACULTY**

**Jane Abbott Kirk**, B.M., M.M., Performer's Certificate, Indiana University; Associate Professor, Baylor University, TX

**Brian Allison**, B.A., 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; Grammy Award Winner, Yamaha Artist

**Yeeha Chiu**, A.R.C.M. Diploma, Royal College of Music, London, England; M.M., Juilliard School of Music; retired faculty, 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; Professor and Coordinator of the Music Department, Trinity Valley Community College

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