

## EMPOWERING MUSICIANS: BODY, MIND AND SPIRIT

### NEW YORK CITY, JULY 7 - 9, 2008

If you like **music, art, theatre, dance, architecture** or **history** (and of course shopping) you may be interested in joining us for this three day educational travel trip!

The CFMTA together with the Music Teachers National Association (MTNA) are proud to host a three day wellness symposium for our members!

**EMPOWERING MUSICIANS: BODY, MIND AND SPIRIT** will take place at the **Yamaha Artist Services Facility**, located at 689 Fifth Avenue, in the historic Aeolian Building in midtown Manhattan. **Three renowned clinicians** will offer **daily workshops** from 9:00

am to 12:30 pm. The remainder of each day will be free for your own personal activities. This trip offers an opportunity for professional development (making it tax deductible) along with personal independence in other daily activity planning! Please visit the MTNA website [www.mtna.org](http://www.mtna.org) to register and view information on our stellar lineup of clinicians. Or register by telephone by calling the MTNA office at 1-888-512-5278.



*The fee for this three day symposium is \$150.00 US per person. Limit of 140, so register early!*

Canadian pianist **Alan Fraser** has created a new approach to piano technique that accesses the innate structure and function of the human hand to replace tension and over-relaxation with effective hand activation. His book and DVD, *The Craft of Piano Playing*, presents this new approach in detail, with an extensive series of exercise to align one's skeleton, enrich one's sound, increase virtuosity, and eliminate the danger of injury before it ever arises.

For more information, go to <http://alanfraser.net>



**Carol Montparker** has been enjoying a dual career as pianist and writer. Montparker majored in music at Queens College, where she won the Orchestral Society Award, granted to the "most outstanding instrumentalist on campus." She gave her New York debut recital at Carnegie Recital Hall in 1976, about which Donal Henahan of the *The New York Times* wrote "a splendid debut by a pianist who starts where others leave off", and has since appeared in solo and chamber recitals across the country. Ms. Montparker's CD's, *Pinnogarden I and II*, recorded in live concert, have been praised by artists and critics including Harold C. Schonberg; Michael Kimmelman of *The New York Times*, called her "a real artist, whose playing is unfailingly graceful and affecting." As senior editor of *Clavier* for fifteen years, Montparker interviewed world-famous artists for feature stories, reviewed concerts and books.

For more information, go to <http://www.montparker.com/about.html>



**Louise Montello** is an internationally known authority on music and wellness and award-winning author of "Essential Musical Intelligence: Using Music as Your Path to Healing, Creativity and Radiant Wholeness". Dr. Montello conducted clinical research on the use of an integrative music therapy approach to treating and preventing musicians' stress-related disorders in the Department of Psychology at New York University for over ten years. In an effort to bring her ground-breaking music therapy-based prevention program to the musical community, Dr. Montello co-founded a not-for-profit organization, Musicians' Wellness, Inc. To serve performers in a more systematic and effective way, over the last four years, Louise has been developing training materials to assist students and trainees in mastering the Performance Wellness/ Essential Musical Intelligence techniques.

For more information, go to <http://www.performancewellness.org/about.html>

NEW WAVE

TRAVEL INFORMATION

NEW WAVE

BILL ANDREWS at NEW WAVE TRAVEL will be pleased to assist CFMTA and MTNA attendees with the following:

• Hotel Reservations (for accommodations within walking distance of the event) • Airline tickets • Transfers • Travel insurance

FOR ALL YOUR TRAVEL NEEDS please contact Bill directly at 1-800-463-1512 (ext.224) or email [wandrews@newwavetravel.net](mailto:wandrews@newwavetravel.net)

## EMPOWERING MUSICIANS: BODY, MIND AND SPIRIT

# WELLNESS

## SYMPOSIUM

July 7-9, 2008 • New York City, New York

Join your colleagues from Canada and the United States for a three day wellness symposium. Hosted by Music Teachers National Association (MTNA) and the Canadian Federation of Music Teachers' Associations (CFMTA), this event will offer strategies to help attendees remain energized, injury-free and enthusiastic teachers and performers.

### FEATURED WELLNESS EXPERTS

#### MIND



Louise Montello

#### BODY



Alan Fraser

#### SPIRIT



Carol Montparker

To maintain an intimate learning setting, enrollment is limited to 140 registrants.

**FOR MORE INFORMATION OR TO REGISTER, VISIT [WWW.MTNA.ORG](http://WWW.MTNA.ORG)**

