

Peabody Wellness Immersion Week Schedule

September 1, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
<p align="center">PROMOTING A CULTURE OF WELLNESS</p> <p>Part One 3:30 PM Location: Friedberg</p> <p><i>WHY HEALTH FOR MUSICIANS MATTERS</i></p> <ul style="list-style-type: none"> MARIN ALSOP LEON FLEISHER DENYCE GRAVES FRED BRONSTEIN (moderator) <p>Part Two 4:30 PM Location: Friedberg</p> <p><i>THE SCIENCE OF SMART PRACTICING</i></p> <ul style="list-style-type: none"> SERAP BASTEPE-GRAY SCOTT BROWN 	<p>3:30 – 5:30 PM Locations: String/piano/percussion players: Start in Joe Byrd Hall</p> <p>Singers/wind and brass players: Start in LH16</p> <p><i>OPTIMAL BODY ALIGNMENT IN STANDING AND SITTING (LH16)</i></p> <ul style="list-style-type: none"> SARAH HOOVER <p><i>EMBRACING THE GRIND AND BEING A PRO: Musical, Mental and Physical Routines for Optimal Performance, Efficient Learning and Long-term Health (Joe Byrd Hall)</i></p> <ul style="list-style-type: none"> JOE BURGSTALLER 	<p>3:30 -5:30 PM Locations: Singers: Cohen-Davison Instrumentalists: Joe Byrd Hall</p> <p><i>OPERATING INSTRUCTIONS: Anatomy and Healthy Movement Overview for Singers (Cohen-Davison)</i></p> <ul style="list-style-type: none"> LEE AKST MELISSA BIDLACK <p><i>OPERATING INSTRUCTIONS: Anatomy and Healthy Movement Overview for Instrumentalists (Joe Byrd Hall)</i></p> <ul style="list-style-type: none"> SERAP BASTEPE-GRAY ANDREW KUNIN 	<p align="center">STAYING WELL</p> <p>Part One 3:30 PM Location: Friedberg</p> <p><i>EXPLORING WELLNESS MODALITIES</i></p> <ul style="list-style-type: none"> SARAH HOOVER ANDREA LASNER DANAH BELLA <p>Part Two 4:30 PM Location: Friedberg</p> <p><i>DE-STRESS FOR SUCCESS</i></p> <ul style="list-style-type: none"> DURRIYA MEER SALONI TANEJA 	<p align="center">IF YOU ARE INJURED: NOW WHAT?</p> <p>3:30 – 5:30 PM Location: Friedberg</p> <p><i>STEPS TO TAKE IN THE EVENT OF INJURY</i></p> <ul style="list-style-type: none"> ALEX PANTELYAT SERAP BASTEPE-GRAY KEN JOHNSON SARAH HOOVER MELINA GAJGER JULIAN GRAY