PEAK PERFORMANCE FUNDAMENTALS SCHEDULE OF EVENTS

Tuesday, Aug. 21

**Why Health Matters for Performing Artists**
2:00-3:00, Miriam A. Friedberg Hall
All incoming students

David Srebnik, moderator
danah bella, Leon Fleisher, Elizabeth Futral, John Huling

*Peabody faculty artists and staff join a panel discussion moderated by David Srebnik, Classical Music Program Director at SiriusXM, addressing the impacts of performance-related injury and illness on individual performance careers, arts organizations, and teaching and learning.*

Thursday, Aug. 30

**Body/Mind Learning: An Introduction to Somatics**
3:30-4:30, Joe Byrd Hall, Leith Symington Griswold Hall, 308C, 206C
All incoming students except dance

**Bring a yoga mat or towel. If you have any physical limitations, please adjust your participation as appropriate.**

Maria Hamburger (yoga)
Joe Schaefer (Alexander Technique)
Karyn Sandelman (meditation)
Aliza Stewart (Feldenkrais)

*Short sessions introducing body/mind modalities and their application to music-making. Includes yoga, Alexander Technique, Feldenkrais, and meditation. Over two days, students will experience all four modalities.*

Thursday, Aug. 30

**Cultivating Your Performance Mind**
4:40-5:40, Miriam A. Friedberg Hall
All incoming students

Brian Levenson, mental performance coach

*This interactive presentation leverages tools, stories, and science to show how the best performers in the world set their mind for greatness. Attendees will get the fundamentals needed to mentally perform when it matters most.*

Friday, Aug. 31

**Body/Mind Learning: An Introduction to Somatics**
3:30-4:30, Joe Byrd Hall, Leith Symington Griswold Hall, 308C, 206C
All incoming students except dance

Singers scheduled for opera department callbacks are excused if they have an audition during this time frame.

**Bring a yoga mat or towel. If you have any physical limitations, please adjust your participation as appropriate.**
Maria Hamburger (yoga)
Joe Schaefer (Alexander Technique)
Karyn Sandelman (meditation)
Aliza Stewart (Feldenkrais)

*Second of two days of short sessions introducing body/mind modalities and their application to music-making. Includes yoga, Alexander Technique, Feldenkrais, and meditation.*

**Online**

**The "Next-Level" Lifestyle: Get Started Now**
*Online*
*All incoming students*

Joe Burgstaller, Peabody trumpet faculty artist

*Joe Burgstaller shares some information from his acclaimed Change Your Mind, Change Your Playing® presentations. This video presents a look at some physical and mental concepts and strategies used by successful professionals that, with dedication and time, lead to success. Topics will include: Reorienting from student to pro mindsets, The Artist's Role, The Mountaintop, Beyond Talent, Input and Output, Motivation and Inspiration, Daily Tension Level Baseline Assessment, Grounding Exercises, Daily Routine, Self-Programming, and more.*

**Friday, Sept. 7**

**Vocal Health and Hygiene**
*3:30-4:30, Cohen-Davison Theatre*
*Incoming singers only*

Dr. Lee Akst, Director of JHM/GBMC Voice Center
Melissa Bidlack, SLP/Singing Voice Specialist, JHM/GBMC Voice Center

*Information on fundamental vocal anatomy, specific vocal health strategies, signs of overuse or injury, and injury prevention guidelines, as well as time for questions from participants.*

**Wednesday TBA**

**Mental Health and the Performing Artist**
*12:30-1:30 Location TBA*
All incoming students
Dr. Kay Redfield Jamison
Dr. Karen Swartz

This presentation addresses the complicated relationship between creativity and mental illness in performing artists and will shed light on the importance of mental health for creating a sustainable, rewarding professional and personal life.

Wednesday TBA
Retraining: Approaches and Strategies
12:30-1:30 Location TBA
All incoming students

Julian Gray, Peabody Guitar Faculty Artist

This session will address the importance of exploring changes in playing technique and the psychological challenges that come with post-injury retraining.