<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Title and Description</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, Aug. 18</td>
<td>Friedberg Hall</td>
<td>Why Health for Performing Artists Matters (panel discussion)</td>
<td>Jen Graham, dance faculty Julian Gray, Chair of the Guitar Department Ah Young Hong, voice faculty John Huling, Director of Admissions Dean Fred Bronstein, moderator</td>
</tr>
<tr>
<td>2:00-3:30 pm</td>
<td></td>
<td>Peabody faculty artists and staff join a panel discussion moderated by Dean Bronstein addressing the impacts of performance-related injury and illness on individual performance careers, arts organizations, and teaching and learning.</td>
<td></td>
</tr>
<tr>
<td>Online</td>
<td>Available in the Peak Performance Fundamentals organization in Blackboard starting 8/15</td>
<td>The &quot;Next-Level&quot; Lifestyle: Get Started Now (video presentation)</td>
<td>Karyn Sandelman, Founder of a Mindful Choice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>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 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.</td>
<td></td>
</tr>
<tr>
<td>Monday, Aug. 26</td>
<td>Griswold Hall</td>
<td>Body/Mind Learning: An Intro to Somatics Navigating with Mindfulness</td>
<td>Karyn Sandelman, Founder of a Mindful Choice</td>
</tr>
<tr>
<td>3:30-5:20 pm</td>
<td></td>
<td>This session invites you to explore mindfulness practices that can help you notice your inner critic and experience a more open, peaceful quality of awareness. Learning and applying such practices can contribute to lower levels of anxiety and stress, and lead to a greater sense of balance, ease, and overall wellbeing.</td>
<td></td>
</tr>
<tr>
<td>Tuesday, Aug. 27</td>
<td>Friedberg Hall</td>
<td>Peak Performance Necessities: Fitness, Diet, Sleep (presentation)</td>
<td>Deb Gould, Interim Director of Student Affairs Amanda Greene, Physical Therapist and Manager, Peabody Clinic</td>
</tr>
<tr>
<td>3:30-4:20 pm</td>
<td></td>
<td>This session presents an overview of key principles of The Johns Hopkins Rehabilitation Network Clinic for Performing Artists and the Peabody Institute, how to be/stay healthy to maximize your performance potential, stressing the importance of overall fitness, diet and nutrition, and sleep.</td>
<td></td>
</tr>
</tbody>
</table>
Wednesday, Aug. 28  
3:30-5:20 pm  
Griswold, JBH,  
Friedberg Stage  

**Body/Mind Learning: An Intro to Somatics**  
Alexander Technique, Feldenkrais, Yoga

*These sessions introduce body/mind modalities and their application to music-making.*

Joe Schaefer, Alexander Technique  
Aliza Stewart, Feldenkrais  
Deborah Quirk, Yoga

---

Thursday, Aug. 29  
3:30-4:30 pm  
Friedberg Hall  

**Set Yourself Up for Success: Positive Mental Strategies for Practice and Performance (presentation)**

*This session explores strategies to overcome mental blocks, improve motivation, and maintain high levels of performance. Students will learn how to overcome unhelpful thoughts and emotions, such as uncertainty, fear, or feelings of inferiority that might impede practice or performance. Finally, students will learn how to use habit, routine, and behavioral strategies to enhance performance.*

Dr. Meghan Beier,  
Rehabilitation Neuropsychologist, Johns Hopkins Medicine

---

Thursday, Aug. 29  
4:40-5:30 pm  
Friedberg Hall  

**Warm-Up and Practice Planning for Peak Performance (presentation)**

*This session provides an overview of principles of warm-up and practice planning to maximize physiological peaking for performance. Topics will include application of work/rest cycles in planning daily practice and weekly practice during developmental, breakthrough, and performance periods, as well as long-term planning for peaking towards important performances.*

Serap Bastepe-Gray,  
Occupational Therapist, Peabody Clinic; Peabody Conservatory Faculty, Guitar

---

Friday, Aug. 30  
3:30-5:20 pm  
Griswold, JBH,  
Friedberg Stage  

**Body/Mind Learning: An Intro to Somatics**  
Alexander Technique, Feldenkrais, Yoga

*These sessions introduce body/mind modalities and their application to music-making.*

Joe Schaefer, Alexander Technique  
Aliza Stewart, Feldenkrais  
Deborah Quirk, Yoga

---

Tuesday, Sept. 10  
3:30-4:30 pm  
Goodwin Hall  

**Vocal Health and Hygiene (presentation and discussion)**

*Dr. Lee Akst, Melissa Bidlack, and Dan Sherwood, all from the JHM/GBMC Voice Center, share information on fundamental vocal anatomy, specific vocal health strategies, signs of overuse or injury, and injury prevention guidelines, as well as answer questions from participants.*

Dr. Lee Akst, Laryngologist  
Melissa Bidlack, Speech-Language Pathologist/Singing Voice Specialist  
Dan Sherwood, Clinical Vocologist