

October 20 Chat

00:45:38 Abra Bush: Hello all! We will get started a few minutes.

00:47:41 Robin McGinness: Welcome! Please feel free to introduce yourself in the chat, including your institution and location. If you have questions for the panelists, please add them to the Q&A so we can keep track and answer as many as possible.

00:48:11 STEPHEN CAPLAN: Hi from UNLV!

00:48:22 Carina Joly: Greetings everyone! Carina Joly, piano and group piano, Federal University of São João Del Rei, Brazil

00:48:23 Malena McLaren: Malena McLaren, Professor of Clarinet, Northwestern State Univ. in Louisiana. Hello, all!

00:48:34 Barbara McCrane: Hi, I teach the Alexander Technique at Manhattan School of Music.

00:48:35 Deborah Dunham: Deborah Dunham, Sam Houston State University (Texas)

00:48:35 Pamela Youngblood: Greetings from Texas Woman's University! Pam Youngblood

00:48:41 Andrea Loewy: HI, I am Andrea Kapell Loewy, Professor of Flute/Theory from University of Louisiana at Lafayette. Thank you for doing this!

00:48:48 Kristin Jensen: Hi From UT Austin!

00:48:49 Dorothy Lee: Prep Music at Holy Names University, Oakland, CA

00:48:49 Michael Durrant: Hi everyone! Michael Durrant from the Royal College of Music in London

00:48:55 Rena Urso: Hello from CSULB! Also, from the NFA PHC and ABME. Thank you for this!!!

00:48:59 Rachel Hopp: Rachel Hopp. Peabody Guitar Intensive and Montgomery College.

00:49:02 Ken French: Greetings from San Francisco Conservatory of Music!

00:49:36 Maria Haralambis: Hi all! Maria Haralambis (From Michigan). Dance Science, Pilates, Somatics Educator. PhD Student :)

00:49:46 Lester Green: Lester Green, University of MD College Park, and Morgan State Unuversity

00:50:19 Jason Smith: Jason Smith from SFCM! Hello everyone!

00:50:19 Joshua Gardner: Greetings! Joshua Gardner (clarinet) from Arizona State University

00:50:21 Brian McGoldrick: Hello! My name is Brian McGoldrick. I am a PhD student in Performing Arts Health at the University of North Texas.

00:51:13 Kristen Gygi: I teach anxiety resolution to performing artists.

00:51:34 Kristen Gygi: I teach anxiety resolution to performing artists. My name is Kristen Gygi (flutist/singer)

00:51:46 Katie Mess: oops forgot to send to attendees, sorry for the repost! Hello! I'm adjunct professor of flute at Rollins College in Winter Park, Fl and a current DMA student at the University of Florida studying flute performance and a cognate in injury prevention in the dept of Applied Physiology and Kinesiology, looking to be certified in corrective exercise :)

00:52:06 Myles Pinder: Hello everyone! My name is Myles Pinder and I am a DMA student at the University of North Texas.

00:56:05 Ben Regalado: Reposting as well for all: Hi! I'm down the street at Johns HopkinsH Bayview in Baltimore, Manager of the Musculoskeletal Clinic with a side interest in performing arts medicine. (One of my sons went to the UNT School of Music, and it's a pleasure to be acquainted with Dr. Surve!)

01:01:27 Robin McGinness: Peak Performance Fundamentals at Peabody:
<https://peabody.jhu.edu/explore-peabody/performing-arts-medicine/injury-prevention-education/peak-performance-fundamentals/>

01:01:51 Robin McGinness: The webinar recording and PDF version of the presentation will be available here: <https://peabody.jhu.edu/lunch-and-learn-series/>

01:12:01 Robin McGinness: We welcome your questions! Please place your questions in the Q&A tab to help us track and curate your questions.

01:21:39 Carina Joly: But definitely there is much less gigs to play

01:26:06 Amy Likar: Just a comment - because so many are recording what they are sending to teachers more, they are recording, listening, recording, listening and so because so much of the on line learning process is including recording, many are taking more breaks to listen to their recordings. So in some ways its improving their practice process. My concern is more keeping musicians mentally healthy when they are examining their playing so closely.

01:29:13 Carina Joly: Definitely, when we talk about students. But as Liliana said, some professional musicians may not have touched their instruments

01:31:11 STEPHEN CAPLAN: In answer to Amy Zigler's question, I just want to say that demand for my work teaching Body Mapping has increased tremendously during Covid. Many musicians all over the world have been inquiring about exploring more efficient practice techniques.

01:32:02 Amy Zigler: Thanks, Stephen!

01:32:21 Robin McGinness: If you have any last questions, please add them to the Q&A!

01:37:37 Rena Urso: I'll echo Stephen Caplan's comment. My work as a Body Mapping educator and Yoga/Meditation instructor has increased. In fact, my university, CSULB, has added my Body Mapping course to the curriculum both Fall and Spring semesters - which is HUGE for the CSU to add courses. When I created this course 4 years ago at CSULB, it was only offered every third semester, then every other semester, and now it's every semester - and it fills up on day one of enrollment. There is a need and the student's get how vital this is.

01:39:17 Amy Likar: I would agree with Stephen Caplan - most of my teaching day is now spent coaching musicians on healthier practice processes and refining how they are using their space and themselves.

01:39:57 Amy Zigler: At Salem College, we require Alexander Technique of all our music students, and our grad keyboardists take a course on injuries specifically. It's exciting to see other programs on this path!

01:40:06 Ken Johnson: "if you want to go fast, go alone. if you want to go far, go with a partner" -African Proverb

01:40:36 Andrea Loewy: I am incorporating some Feldenkrais ideas /exercise with my students.

01:40:52 Carina Joly: It is great to hear the holistic view of all disciplines working together working for the health of artists.

01:42:11 Robin McGinness: Thanks for joining us! The webinar recording and PDF version of the presentation will be available here: <https://peabody.jhu.edu/lunch-and-learn-series/>

01:42:23 Carina Joly: Hi Serap <3

01:42:42 Robin McGinness: MacArthur “Genius Grant” recipient and Grammy Award winner Rhiannon Giddens joins Peabody Dean Fred Bronstein for the second Dean’s Symposium of the semester. Free and open to the public, this event begins tomorrow at 12:30 pm ET Wednesday, October 21.
<https://peabody.jhu.edu/event/deans-symposium-rhiannon-giddens/>

01:42:42 Michael Durrant: In the UK we have the Healthy Conservatoires Network, for sharing evidence-based best practice: <https://healthyconservatoires.org/>

01:43:06 Sarah Hoover: Thank you all so much for attending, and hello to all my Body Mapping colleagues!

01:43:08 Gail Berenson: From Gail Berenson: It’s wonderful to see how musicians’ health has grown since that first Health Promotion in Schools of Music event at UNT back in 2004. Hope we continue to move forward!

01:43:27 Robin McGinness: The Peabody Institute is thrilled to launch our new series of classes geared specifically towards professional arts educators, arts administrators, and performing artists. Our newly established Peabody Pro learning experiences are tailored for professionals in the world of music and dance performance and education who wish to expand their professional knowledge or pursue a new interest. For more information and current classes: <https://peabody.jhu.edu/explore-peabody/peabody-online/peabody-pro/>

01:43:34 Robin McGinness: The Peabody Institute is thrilled to offer a variety of lessons, classes, and special opportunities for adult learners of all ages and experience levels. Whether you are just starting out, returning to your instrument after a break, or just looking to learn something new, our newly established Peabody Plus music and dance classes for adults have something for you. For more information and current classes:
<https://peabody.jhu.edu/explore-peabody/peabody-online/peabody-plus/>

01:43:53 Robin McGinness: You can find information about upcoming webinars here: <https://peabody.jhu.edu/lunch-and-learn-series/>

01:44:13 Carina Joly: Thank you very much for this session!! Such an important topic! Best wishes to all

01:44:17 Robin McGinness: <https://peabody.jhu.edu/keep-teaching>

01:44:23 Rena Urso: Thank you for this conversation! Be well, all!

01:44:24 STEPHEN CAPLAN: Thanks to all—it was wonderful hearing these different perspectives!

01:44:43 Ken French: Many thanks!

01:44:44 Katie Mess: Thank you very much!

01:44:51 Gail Berenson: Congratulations to all and wishing you continued success!!!! Gail Berenson