

2021 PEAK PERFORMANCE FUNDAMENTALS SCHEDULE OF EVENTS

| Date & Time EDT                                | Session – Locations and Zoom links will be available in Backstage, the Nest, and Teams.  | Presenters   |
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| <p><b>Sunday, Aug. 22</b><br/>2:00-3:30 pm</p> | <p><b>Why Health Matters for Performing Artists (Everyone)</b></p> <p><i>Join Peabody faculty artists and staff in 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.</i></p>   | <p><a href="#">Nasar Abadey</a><br/> <a href="#">Jen Graham</a><br/> <a href="#">Denyce Graves</a><br/> <a href="#">John Huling</a><br/> <a href="#">Steven Spooner</a></p> <p><a href="#">Dean Fred Bronstein</a>,<br/> moderator</p> |
| <p><b>Monday, Aug. 23</b><br/>3:30-5:00 pm</p> | <p><b>The Mind-Body Connection: An Intro to Somatics (Dancers)</b></p> <p><i>An introduction and overview of Somatic Practice, embodied learning/living, and how it can support optimal health, longevity, and performance for artists. The session will also dive more specifically into the practices and principles of Hanna Somatics and the Laban/Bartenieff Movement System.</i></p> | <p><a href="#">Jen Graham</a></p>  |
|  | <p><b>Vocal Health for the Singer - Part 1 (Singers)</b></p> <p><i>This 2-part series will introduce the singer to some simple concepts and rules of vocal health and address the participants' questions about vocal health through interactive discussion.</i></p>   | <p><a href="#">Margaret Barood</a><br/> <a href="#">Melissa Bidlack</a></p>  |
| <p><b>Monday, Aug. 23</b><br/>3:30-4:25 pm</p> | <p><b>Pilates (Harp/Keyboard/Percussion/Woodwinds)</b></p> <p><i>A short introduction to this practice of mind-body exercise that provides daily conditioning, promotes whole body health, and develops mental awareness to optimize your personal performance.</i></p>  | <p><a href="#">Andrea Lasner</a></p>   |
| <p><b>Monday, Aug. 23</b><br/>4:30-5:25 pm</p> | <p><b>Pilates (Brass/Guitar/Strings)</b></p> <p><i>A short introduction to this practice of mind-body exercise that provides daily conditioning, promotes whole body health, and develops mental awareness to optimize your personal performance.</i></p>  | <p><a href="#">Andrea Lasner</a></p>   |

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| <p><b>Tuesday, Aug. 24</b><br/>3:30-5:00 pm</p>   | <p><b>Deep Dive into Hearing Health (Musicians)</b></p> <p><i>This session will inform musicians on how we hear and the impact of exposure to loud sounds on hearing. We will discuss practical applications to maintain hearing wellness for a lifetime of music making.</i></p>   | <p><a href="#">Heather Malyuk</a></p>  |
| <p><b>Wednesday, Aug. 25</b><br/>3:30-5:00 pm</p> | <p><b>Preparation &amp; Recovery: Warmup, Cooldown, &amp; Healthy Practices for Dancers</b></p> <p><i>This session will address proper warmup, stretch, and cooldown practices, including adaptations for a variety of spaces and situations, and will discuss prioritizing such healthy practices through effective time management.</i></p>   | <p><a href="#">Jen Graham</a></p>  |
| <p><b>Wednesday, Aug. 25</b><br/>3:30-4:00 pm</p> | <p><b>Full-body Warmup for Brass/Singers/Winds</b></p> <p><i>This session will focus on the importance of off-instrument or pre-practice warmups for brass, wind, and vocal musicians to promote healthy practice sessions and overall career longevity.</i></p>  | <p><a href="#">David Murray</a><br/><a href="#">Laura Schiller</a></p>       |
|   | <p><b>Full-body Warmup for Guitar/Harp/Keyboard/Percussion/Strings</b></p> <p><i>Participants will be led through an off-instrument warmup for guitar, harp, keyboard, percussion, and string players to demonstrate ways of preparing the body and mind for healthy practice and performance.</i></p>  | <p><a href="#">Ira Gold</a><br/><a href="#">Andrea Lasner</a></p>            |
| <p><b>Wednesday, Aug. 25</b><br/>4:00-5:30 pm</p> | <p><b>Your Body, Your Instrument (Brass &amp; Winds)</b></p> <p><i>Participants will engage in a discussion of the relationship between physical condition and the healthy embouchure. The focus will be on the anatomical basis for healthy playing, how to prevent injury, identify when there is dysfunction and how to seek help, and how to return to play.</i></p>  | <p><a href="#">David Fedderly</a><br/><a href="#">Laura Schiller</a></p>     |
|   | <p><b>Your Body, Your Instrument (Guitar/Harp/Keyboard/Percussion/Strings)</b></p> <p><i>Approaching music-making from the perspective of movement reveals solutions to technical and expressive challenges and supports musculoskeletal playing health. This workshop will use Body Mapping to illuminate the body's design for movement and guide you to use the information to embody expressive, confident, and healthy movement for your career.</i></p> | <p><a href="#">Serap Bastepe-Gray</a><br/><a href="#">Vanessa Mulvey</a></p> |

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| <p><b>Wednesday, Aug. 25</b><br/><b>4:00-5:30 pm</b></p> | <p><b>Vocal Health for the Singer - Part 2 (Singers)</b></p> <p><i>Part 2 of this series will continue to introduce the singer to some simple concepts and rules of vocal health and address the participants' questions about vocal health through interactive discussion.</i></p>   | <p><a href="#">Margaret Baroody</a><br/><a href="#">Melissa Bidlack</a></p> |
| <p><b>Thursday, Aug. 26</b><br/><b>3:30-5:30 pm</b></p>  | <p><b>Take Your Performing to the Next Level (Everyone)</b></p> <p><i>This presentation will examine and help participants build the five mental skills associated with high-level performance: controlling energy, boosting confidence, overcoming fear, staying focused, and building mental toughness.</i></p>   | <p><a href="#">Don Greene</a></p>   |
| <p><b>Friday, Aug. 27</b><br/><b>3:30-4:30 pm</b></p>    | <p><b>Your Voice: How it Works, What Can Go Wrong, and What to Do if it Does (Singers)</b></p> <p><i>Join Dr. Lee Akst, Director of the Johns Hopkins Voice Center, and Margaret Baroody, Peabody faculty member and singing voice specialist, in a discussion of how vocal cords work to produce sound, and on common vocal cord injuries leading to hoarseness. The presenters believe that all singers should know how their instrument works, and should know what to do if they find that their voice is not functioning properly.</i></p> | <p><a href="#">Lee Akst</a><br/><a href="#">Margaret Baroody</a></p>        |
| <p><b>Friday, Aug. 27</b><br/><b>4:30-6:00 pm</b></p>    | <p><b>Alexander Technique (Everyone)</b></p> <p><i>This introduction session will give participants an experiential understanding of how Alexander Technique can help address challenges related to performing and practice, expand awareness to increase freedom and comfort, and enhance performance and stage presence.</i></p>  | <p><a href="#">Antoinette Kranenburg</a></p>                                |