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ProMusicus
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Are you ready?

Cost:

120€ early bird, if inscribed before April 20

150 € for enrollment after April 20

80€ for single-day participation

For reservation and payment please contact Ola Renska (number above)
or go to this link: www.promusicus.com/trainings

Please bring along with you:

- Yoga mat or blanket
 - Notebook & pen
 - Lunch (Microwave available)
- OR money for Cafeteria in the building
(Water, tea & coffee will be provided)

Time & Location:

Saturday, May 21 & Sunday, May 22 2016
10:00 until 18:00

MOOOF

Binckhorstlaan 135, 2516 BA Den Haag, Netherlands

<http://mooof-den Haag.nl/en/>



ProMusicus presents:

EMBODIED PRESENCE & CONFIDENCE

FOR THE PERFORMING MUSICIAN

Learn to maintain solid concentration and stay firmly grounded in confidence while performing on stage

A 2-day Workshop

May 21 – May 22, 2016

MOOOF, Den Haag, Netherlands

Presentation

Have you ever experienced being taken over by anxiety, physical tightness, racing thoughts, crippling doubts, memory slips or stumbling in passages and other “unpleasant surprises” before going on stage or during your performance?

Has it happened to you that, while performing, you feel like being in a kind of mental haze, being distracted or just playing like a shadow or yourself?

Wouldn't it be amazing to overcome these barriers, to manifest in your performances the fruit of your hard work, love and passion?

Imagine liberating and bringing to resonance your true musical potential and getting in touch with the magic of “flow”!

In order to perform at full capacity as musicians we need to bring into alignment the **physical, mental** and **emotional** aspects of our inner being **IN ADDITION** to being thoroughly prepared instrumentally.

When any of these “inner” aspects are not in synchronicity or blocking we encounter problems in our musical execution, a cause of great frustration.

In this workshop you will learn the tools to ground and center your body, use your breath to your advantage, calm your mind, sharpen your focus and improve your concentration.

You will also learn how to firmly anchor your resources empowering you to perform with reliable confidence, natural poise and authentic expression.

Workshop content

Day 1: Embodied Presence

- Breath & body awareness
- Grounding & centering
- Focus & concentration
- Moving from mindfulness to presence & natural flow

Day 2 : Empowered Confidence

- Embracing your fears & challenges
- Anchoring effectively your specific strengths, talents & accomplishments
- Developing your personal Pre-Performance Routine
- Bringing confidence & authenticity to your stage presence

Heide Sibley, Facilitator

- Certified NLP-Coaching Practitioner (Society of NLP)
- Certified Holistic Counselor (S.I.A.F.)

Trainings in Somatic Movement and Embodiment, Breath Work, Hypnosis, Sport Mental Training, Centering, Progressive Muscle Relaxation, Yoga, various Meditation Techniques

Over 30 years career as a professional violinist

