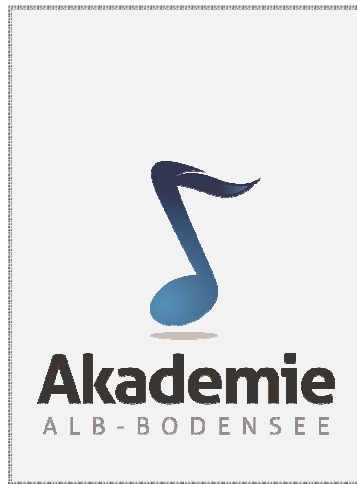




# BODY and PIANO

## - A Functional Interaction -

6<sup>th</sup> International workshop



House of Music (directly next to the Martins-Church)

88605 Meßkirch

**12<sup>th</sup> – 13<sup>th</sup> September 2020**

with

**Henriette Gärtner**

[www.henriette-gaertner.com](http://www.henriette-gaertner.com)

**The course is intended for:**

- advanced pupils
- university / music academy students
- piano teachers
- professional pianists

***to download the flyer:***

**[www.henriette-gaertner.com/seminar](http://www.henriette-gaertner.com/seminar)**

## Course description

The **musician's artistic interpretation and health** should be in harmony, because only a healthy body can offer musicians the necessary basis for a lifetime of optimal performance on the piano. Participants are therefore expressly requested to consider their own or others' experiences with the psychic and physical problems of professional musicianship, e.g., playing problems or practicing difficult passages. Practical relevance has priority!

The **exchange of experience** is part of the course, and therefore the course will be structured on the basis of questions and problems brought up by participants. Individual instruction is also possible by arrangement.

In addition to **artistic piano playing**, the course will also illuminate musicians' health. This includes, e.g., the optimization of practice methods and the sensitization of consciousness, whereby aspects such as bodily awareness, posture, breathing, as well as muscle strain and relaxation while playing the piano are of great significance. Through special **physical exercises** that are offered in the course, participants should become aware of these aspects, and thereby prevention is emphasized (music physiology). Thereby the connection of sound and playing movements, as well as the training of the "inner ear," is important. **Hearing guides movement**, and a full, rich sound (whether it is played *piano* or *forte*) correlates with effortless but effective movement.

**The course is oriented to advanced pupils, university and music academy students, piano teachers and professional pianists.**

### Henriette Gärtner

#### Biographical details:

- has had an extensive thirty-year long international concert career as a pianist
- has an outstanding reputation on the international musical stage
- has recorded several CDs and DVDs, and made various appearances on television and radio
- graduate of the Accademia Pianistica Incontri col Maestro, Imola, Italy (studied with Leonid Margarius, a former student of Regina Horowitz)
- juror at music competitions
- member of the executive committee of the German Leschetizky Society
- member of the German Society for Music Physiology and Medicine for Musicians
- extensive professional experience with the physical workload and overall demands on concert pianists
- training in classical ballet
- successful athlete (5 times German Master and Finalist at the World Championships in Twirling Sport); a coach in women's artistic gymnastics
- PhD graduate at the University of Constance (Germany) with a final overall grade of 'summa cum laude' (Dr. rer. nat.) in the field of Movement Physiology with a dissertation entitled "Relationship between Sound, Force and Kinematics in Piano Playing – Illustrated with Works from the Piano Literature."
- Winner of the Award Art in Science (the award is for innovation) at the ESM 2014 in Boston-Cambridge (USA)



**Her Credo:** "People should go home more enriched, have more in their heart to move them than before the concert."  
"The body is our first instrument."



## Registration

In writing, by 30<sup>th</sup> august 2020 (per post or email)

by post:  
Henriette Gärtner  
Karlstrasse 11  
D-78549 Spaichingen  
Germany

Email: [henriette.gaertner@gmx.de](mailto:henriette.gaertner@gmx.de)

Registration is only binding after the registration fee of 50 Euros is deposited in the account of Henriette Gaertner at Kreissparkasse Tuttlingen  
IBAN: DE64643500701000204094 *with reference to "Body and Piano"*.  
(IBAN: DE64 643 500 70 100 020 40 94 - reader-friendly)  
SWIFT-BIC: SOLADES1TUT

**Since a maximum of 8 participants can take part actively, acceptance will be on a first come first served basis.**

## Registration

The registration form is only valid if accompanied by a copy of the payment confirmation for the bank transfer of the 50 Euro registration fee to account at the Kreissparkasse Tuttlingen:  
IBAN: DE64643500701000204094 (SWIFT-BIC: SOLADES1TUT) *with reference to "Body and Piano"*. (IBAN: DE64 643 500 70 100 020 40 94 - reader-friendly)


## Payment of course fee

The course fee is to be paid cash at the door of the course on 7 September 2019 from 9.00 – 9.30 a.m. Payment by check or credit card is **not** possible.

**To download the flyer:**  
[www.henriette-gaertner.com](http://www.henriette-gaertner.com)

Practice facilities are available for participants by arrangement

**At the conclusion of the course, participants will receive a certificate of participation.**



Organizer and Instructor	Dr. Henriette Gärtner
Place	Akademie Alb-Bodensee (House of Musik) Directly next to the Martins-church, 88605 Meßkirch
Course days	12 <sup>th</sup> and 13 <sup>th</sup> September 2020 (Saturday/Sunday)
Enrollment	Saturday, 12 September 2020: 9.00 until 9.30 a.m.
Introduction	Saturday, 12 September 2020: 9.30 until 10.00 a.m.
Course hours	10:00 until 13:00 and 14:30 until 18:00
Registration fee	50 Euros for active and passive participants (not refundable in case of withdrawal)
Course fee Including registration fee	150 Euros for active participants 120 Euros for passive participants
Daily tickets	70 Euros per day / 40 Euros half day (at the registration desk) Only passive participation is possible. The registration fee is waived.
Physical exercises	Exercises are a fundamental part of the course  <b>Please bring comfortable clothing and socks!</b>
Private lessons	By arrangement
Course languages	German, English, Italian, French

**Contact and information Dr. Henriette Gärtner**  
 Karlstrasse 11  
 D- 78549 Spaichingen (Germany)  
 Tel. +49 (0) 1 72 /72 77 94 5  
 henriette.gaertner@gmx.de  
[www.henriette-gaertner.com](http://www.henriette-gaertner.com)

Registration form by 30 august 2020



*send to (postal or mail):*

**Dr. Henriette Gärtner, Karlstrasse 11, D- 78549 Spaichingen**

**tel +49 (0) 172.7277945**

**email: henriette.gaertner@gmx.de**

6<sup>th</sup> International workshop  
**BODY and PIANO**

Henriette Gärtner

**12<sup>th</sup> - 13<sup>th</sup> September 2020**

**Akademie Alb-Bodensee**

House of Music (directly next to the Martins-Church), 88605 Meßkirch

family name: .....

first name: .....

street, house number: .....

postal code, city: .....

state: .....

telephone: .....

E-mail: .....

*participation:*       active                       passive

age: .....                      nationality: .....

Studying with teacher: .....

.....

prepared works:

.....

.....

.....

Comments: .....

.....

.....

date, signature: .....