



BODY and PIANO
- A Functional Interaction -

International Master Class

BODY and PIANO

Henriette Gärtner
www.henriette-gaertner.com

21 / 22 June 2012

Carl Sauter Pianofortemanufaktur GmbH & Co. KG
Max-Planck-Str. 20, D-78549 Spaichingen
Germany
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Internet: <http://www.sauter-pianos.de>

The course is intended for:

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

Der Flyer zum download / to download the flyer:

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 (be it on the piano or pianoforte) 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
- intensive work on loading and effort conditions 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."



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

Written, until 14 June 2012 (per post or email)

by post:

Henriette Gärtner
Robert-Koch-Strasse 11/1
D-78549 Spaichingen
Germany

Email: henriette.gaertner@gmx.de

Registration is only binding after the registration fee of 50 Euros is deposited in the account of Henriette Gaertner, number 212 838 06 at Kreissparkasse Tuttlingen, BLZ (bank code number) 643 500 70

Registration

The registration form is only valid if accompanied by a copy of the payment voucher for the deposit of the 50 Euro registration fee in Kreissparkasse Tuttlingen, Account number 212 838 06, bank code number (BLZ) 643 500 70, with the notation "Body and Piano."

Payment of course fee


The course fee should be paid in cash at the start of the course on 21 June 2012 from 9-10:00 a.m. at the box office. Payment by check or credit card is **not** possible.

To download the flyer:

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	Henriette Gärtner
Place	Carl Sauter Pianofortemanufaktur GmbH & Co. KG Max-Planck-Str. 20, D- 78549 Spaichingen Germany
Course days	21. and 22. June (Thursday/Friday)
Enrollment	Thursday, 21. June 2012 beginning at 9.00 a.m.
Course time	10:00 until 13:00 and 14:30 until 18:00
Final Concert	Friday, 22. June 2012 at SAUTER Pianos, 19:00 Active participants are requested to please bring appropriate concert apparel
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 75 Euros for passive participants
Daily tickets	50 Euros per day / 30 Euros half day (at the box office) Only passive participation is possible. The registration fee is waived.
Physical exercises	Exercises are a basic part of the course (daily 1 hour) Passive participants can participate in the physical exercises.
	Please bring comfortable clothing and socks!
Private lessons	By arrangement
Language of the course	German, English, Italian, French

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