



**You are invited to attend this online webinar focused on performance anxiety and wellness -**

***Calming the Performance Anxiety Beast – Changing the Way We Think, Act and Play***

**Learn more and register at: [www.gpfs.org/Musician-Wellness-Events](http://www.gpfs.org/Musician-Wellness-Events)**

**What is this Event:** This online event offered by the Greater Portland Flute Society includes two workshops and a panel discussion presented by four extraordinary flute society members. We will be joined by the esteemed Alexander Technique teacher Gabriella Minnes Brandes.

- **Workshop I** - "A Box of Treats to Choose From: Elegantly Care for Performance Anxiety with Simple Breathing and Posture Actions"
- **Panel & Participant Discussion** – "Sharing Our Experiences with Calming the Beast"
- **Workshop II** - "Exciting New Beginnings: Integrating Alexander Technique into Your Practice!"

**Who Should Attend:** Flutist of all playing levels and ages, both members and non-members of the flute society. This event will likely be of greatest interest to intermediate through advanced middle/high school students, college students, adult amateurs, semi- and professional level flutists.

**Date/Time** – Saturday February 11<sup>th</sup>, 2023, 9:00 – 2:00 – Zoom link sent upon registration.

**Affordable Cost** - Free for GPFS members, and only \$5 for non-member students (college level and younger) and \$10 for non-member adults.

*Please see the workshop descriptions and schedule below along with brief presenter bios.*

## Schedule

9:00 – 2:00 With short breaks and a 30 minute “at-home brown bag” lunch and informal conversation.

- **9 – 9:10 Welcoming remarks for the event**
- **9:15 - 10:35 Workshop I - "A Box of Treats to Choose From"**

**Description:** Donna Maebori will help us learn how to elegantly care for performance anxiety with simple breathing and posture actions. In this session, we will start with a brief discussion of anxiety then move into experiencing lots of great ways manage anxiety through calming techniques. You'll get to sample a number of easy breathing, movement and posture actions that can help "treat" anxiety before, during and even after a performance. Be ready to participate, with all "treats" done sitting, standing or walking. Resources for this session are primarily from the Feldenkrais Method of Movement, some yoga, and Donna's own experiences.

- **10:45 – 11:45 Panel & Participant Discussion – “Sharing Our Experiences with Calming the Beast”**

**Description:** Flutists Adrian Dee, Donna Maebori, Judy Fischbach and Molly Duggan will talk briefly about their own experiences and what they do to “calm the beast.” They will also each share a resource or two they have found helpful (20 minutes). The session will then move to a participant discussion - How would you describe “performance anxiety?” What strategies have you used to “calm the performance anxiety beast?” (20 minutes) The session will close with a Q&A/group discussion, including hearing participant thoughts about what other information on this topic they would like to have (20 minutes).

- **11:45 – 12:15 Half hour for lunch – “at-home brown bag” and informal conversation**
- **12:15 – 12:20 Exercise with Donna after lunch – physical Donna – five minutes**
- **12:20 to 1:30 Workshop II - "Exciting New Beginnings: Integrating Alexander Technique into Your Practice!"**

**Description:** This team-taught presentation will start with an introduction of basic concepts and principles of the Alexander Technique. Then Judy will speak about her experiences applying Alexander Technique as a flute student. Both Gaby and Judy will speak about Alexander Technique as a psychophysical modality that focuses on process and a desired end. They will explore the connections between Alexander Technique and wellness and how to minimize injury. They will offer ways in which flute players can integrate Alexander Technique concepts as a part of practicing the flute. Gaby and Judy will lead the participants through constructive rest. There will be time to share “burning” flute related questions, that will be explored through the lens of the Alexander Technique. We'll provide resources for continued learning.

- **1:30 - 2:00 Half hour for any questions related to the day as needed, wind down in a relaxed way.**

## Webinar Presenters



**Donna Maebori** is a GPFS member and flutist. She is a retired physical therapist and is Feldenkrais certified.



**Adrian Dee** is a GPFS member, flutist and composer. He plays with the Newport Symphony and the Allegro con Flauto flute quartet. Learn more: [Adrian Dee Website](#).



**Molly Duggan** is a GPFS member, flutist, and technician with [Canter Flute Repair](#).



**Judy Fischbach** is a GPFS member and flutist.



**Gabriella Minnes Brandes, Ph.D.**, has been teaching the Alexander Technique for over 30 years. She has maintained an active practice at the Alexander Technique Centre in Vancouver. She has been invited to run Alexander workshops for musicians, singers, and horseback riders, engineers (among others) as well as workshops for Alexander teachers. For over a decade she taught the Alexander Technique in the Theatre department at Capilano University, taught at the Pender Island Flute Retreat, Vancouver Opera Young Artists Program (to name a few). She was the founder and co-director of the Vancouver School of the Alexander Technique, a three-year CANSTAT recognized school that ran for close to twenty years. She is an active member of the Canadian Society of Teachers of the Alexander Technique as well as a member of the Society of Teachers of the Alexander Technique (UK), the American Society of Teachers of the Alexander Technique, and Alexander Technique International, where she currently serves as a Board Director. Learn more: [Dr. Gabriella Minnes Brandes](#).