

Alan Fraser

3 Day Workshop & Masterclass

Klavierstudio Hirschberg
Germany

March 25 – 27, 2011



HONING THE PIANISTIC SELF-IMAGE

**LEARN NEW, EFFECTIVE “SKELETAL PIANO
TECHNIQUES” TO TRANSFORM YOUR OWN PLAYING
AND ADVANCE YOUR STUDENTS**

Free Introductory Evening (optional) on Thursday, March 24.

19:30 – 21:30 **Book signing and presentation: HONING THE PIANISTIC SELF-IMAGE**

Alan Fraser will talk about the background of the book, how one can best learn its new techniques, answer your questions and of course sign your copy of *Honing the Pianistic Self-Image*. All members of the public are welcome.

Friday Evening (25.3.2011)

19 – 20 Group Class: **UNSTABLE EQUILIBRIUM TO PERFECT YOUR LEGATO**

20 – 22 Master Class Piano Lessons

Saturday (26.3.2011)

9 -10 Group *Awareness Through Movement* Lesson

10 – 11 Group Class: **INDIVIDUATING TO FURTHER EMPOWER THE THUMB**

11 – 13 Master Class Piano Lessons

13 – 14 LUNCH

14 – 15 Group Class: **CREATIVE PRACTICE TECHNIQUES:
INTEGRATE “CRAFT OF PIANO” INTO YOUR PLAYING BY IMPROVISING YOUR
INDIVIDUAL EXERCISES** (presented by Prof. Jens Schlichting)

15 – 17 Master Class Piano Lessons

17 – 18 Group *Awareness Through Movement* Lesson

Sunday (27.3.2011)

9 -10 Group *Awareness Through Movement* Lesson

10 – 11 Group Class: **INTEGRATING THE WHOLE BODY INTO SKELETAL PIANO TECHNIQUE**

11 – 13 Master Class Piano Lessons

13 – 14 LUNCH

14 – 16 Master Class Piano Lessons and closing

Canadian pianist [ALAN FRASER](#) has created a new approach to piano technique that accesses the innate structure and function of the human hand to replace tension and over-relaxation with effective hand activation. His book and DVD, [The Craft of Piano Playing](#), presents this new approach in detail, with an extensive series of exercise to align one's skeleton, enrich one's sound, increase virtuosity, and eliminate the danger of injury before it ever arises.

His new book, [HONING THE PIANISTIC SELF-IMAGE: SKELETAL-BASED PIANO TECHNIQUE](#) takes the ideas of Craft of Piano even further, showing new ways to incorporate body mechanics into a piano technique that offers both virtuosity and power, both sensitivity and deeper emotional expression: a technique that enriches instead of sterilizing musicianship.

Alan Fraser has combined his extensive concert and pedagogical experience, his early work with pioneer pianist and pedagogue Phil Cohen of Montreal, his long-standing collaboration with the virtuoso [Kemal Gekich](#), and his professional training in the [Feldenkrais Method](#) to create his innovative approach now known as *Craft of Piano Method*.

The movement exercises in *Honing the Pianistic Self-Image* serve to enrich the pianist's kinesthetic self-image and educate the "pianistic reflexes", activating as-yet untapped functions of the human piano playing mechanism. The exercises provide a new way of perceiving and manipulating the skeleton of the pianist's hand to produce improved digital dexterity and tonal variety, greater power without harshness, heightened sensitivity and discrimination without weakness. They show how many of our common movement habits at the keyboard can become counterproductive, and provide a new way of manipulating the skeletal frame of the hand to produce astonishing sonic results from the instrument. Later on, further exercises integrate this physical approach with musical and performance issues.

Designed to help both students who need remedial work in basic strength at the keyboard and those seeking a new dimension of musical and pianistic understanding, *Honing the Pianistic Self-Image* suggests that improved physical ability can free musical individuality to express itself more fully. This approach to piano technique can also serve as an effective antidote for debilitating performance anxiety, increasing one's emotional security by providing the physical and musical basis for it. By filling in a missing link between intention and physical execution, this book truly aims to advance the "craft of piano playing".

WORKSHOP DETAILS:

Full participation ("Active"): 250 Euros, 170 Euros for students and pupils. Registration limited to 12 active participants. Each active participant receives one 45-minute repertoire lesson with Prof. Fraser in public. In addition, all participants will get mini-coaching sessions from Prof. Fraser in each of the group class segments.

Passive participation: 110 Euros, 80 Euros for students and pupils. Registration limited to 16 passive participants.

Workshop given in English, with translation to German provided where necessary.

Please transfer the registration fee of 70 € to the bank account with the number

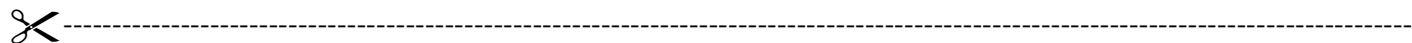
IBAN: DE98 6705 0505 0073 0512 66 **SWIFT/BIC:** MANSDE66XXX

The remaining amount will be paid in cash at the beginning of the workshop.

BOOK YOUR EXTRA PRIVATE LESSON:

Prof. Fraser will be available for additional private lessons Friday during the day, Sunday evening and the following Monday, at additional cost of 80 € / 60 Min. (Students/Pupils 50 €)

Private Feldenkrais *Functional Integration* lessons with Janet Kay will also be available, also at additional cost (50 €/ 60Min.). Please contact the organizer to book these lessons. (Students/Pupils 40 €)



REGISTRATION

Name

Address

Phone

e-mail

Active Passive

Student/Pupil

Infos, Repertoire, Questions

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I need Information about hotels nearby

I am interested in additional piano lessons

I am interested in additional Feldenkrais lessons

Please send this registration to:

Klavierstudio Hirschberg - Jens Schlichting - Siebenbürgerhof 6 - 69493 Hirschberg - Germany

For more Information write to info@klavier-kurse.de or call 0049-6201-509424