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-denhaag.nl/en/
Presentation

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 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.

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