



Tail of the Tiger



RELAX, RECHARGE, AND OPEN UP YOUR PLAYING

AT THE SIXTH ANNUAL

Meditation for Musicians Retreat

July 25 – August 1, 2010 with Madeline Bruser at Vermont's Tail of the Tiger



Madeline Bruser is a pianist, teacher, and author of

The Art of Practicing: A Guide to Making Music from the Heart

"The change was gentle and gradual, yet profound. It put me more in touch with my innermost artistic aspirations."

YEGOR SHEVTSOV, PIANIST
FACULTY, MANHATTAN SCHOOL OF MUSIC

Come to an exquisite mountain meditation center in Vermont to renew your inspiration and discover new ways to relate with technique, practice, performing, and teaching at the fifth annual Meditation for Musicians Retreat.

The program will include meditation workshops and music workshops using meditative listening, sensory awareness, and relaxation techniques, to help you release physical and mental tension and transcend your current level of performance. Pianists performing in the workshops will also receive instruction in easeful posture and movement.

This program can help you...

- Improve focus and increase enjoyment in practice and performance
- Achieve more emotional intensity with less physical tension
- Cultivate fluidity and rhythmic vitality
- Discover greater authenticity and conviction as a musician
- Perform with more confidence, warmth, and freedom

Professional and amateur musicians of all instruments may apply to perform in the music workshops. Musicians who do not perform in the workshops may observe them and give feedback to the performers, along with participating in the rest of the program.

Performing participants \$795 for the week (\$220 for a day);
Non-performing participants \$595 for the week (prices include meals)
Payment plan available.

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit www.tailofthetiger.org/music_710.php

To download application for performing participants: www.artofpracticing.com