



A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance

Gail Berenson, Jacqueline Csurgai-Schmitt, William DeVan, Mitchell Elkiss, Seymour Fink, Phyllis Alpert Lehrer, Barbara Lister-Sink, Robert Mayerovitch, Norman Rosen, Dylan Savage

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Bringing together the unique perspectives of some of the top pianists and pedagogues, along with physicians specializing in the treatment and rehabilitation of performance-related injuries, this text is truly unparalleled. Reflecting the dedication of its contributors to pursuing new ideas and approaches to piano pedagogy, the collection covers such topics as developing an advanced technique, myofascial pain and its treatment, benefits of fitness, performance anxiety, a child's first lessons, mechanics of the piano, and musicality. The best of twentieth-century thinking on the subject, including references to the works of Matthay, Schultz, Ortmann, Whiteside, and others, is also organized and presented in accessible manner.

These broad-based subjects are included in one of five sections – Mechanical, Technical, Musical, Healthful (Mind and Body), and Pedagogical – and include goals and exercises clearly articulated in a concise manner. Although written by and intended for pianists, the universal concepts of wellness and musicality are equally insightful for all musicians. Collectively, A Symposium for Pianists and Teachers presents a holistic approach to healthful and effective piano technique, resulting in a significant twenty-first century resource for the serious student and teacher.

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