

# **Applying Movement Principles to Piano Playing: Bridging the Gap between Research and Practice**

*A Two-Day Workshop/Symposium Exploring  
the Physical & the Musical in Piano Technique*

**March 6 and 7, 2009**

**Friday, March 6**

## **Feldenkrais Method and Piano Technique**

9:00 am – 9:45 am

### **Feldenkrais Awareness through Movement Lesson**

*Teacher: Donald Himes, Toronto*

9:45 am – 10:45 am

### **Skeletal-Based Piano Technique I: An Introduction to the Structure and Function of the Hand**

*Presenter: Alan Fraser, Academy of Arts, University of Novi Sad, Novi Sad, Serbia*

*Alan Fraser will discuss the application of Feldenkrais principles to piano technique and lead participants through a series of hand and body exercises that arise from these principles.*

10:45 am – 11:00 am

### **Break**

11:00 am – 12:00 pm

### **Skeletal-Based Piano Technique II: Feldenkrais Principles Applied to the Practicalities of Keyboard Technique**

*Presenter: Alan Fraser*

*Alan Fraser will work with a pianist, showing how the exercises from the previous session apply to repertoire situations. He will also demonstrate the link between a Feldenkrais Functional Integration lesson and the resulting changes in the pianist's physical and aural relationship to the keyboard. Open discussion format.*

*To prepare for this seminar, watch Alan Fraser's master class in Linz, Austria, on YouTube: <http://www.youtube.com/watch?v=ADn25oEw8tI>, and for more background information go to [www.craftofpiano.com](http://www.craftofpiano.com).*

12:00 pm – 12:30 pm

### **Discussion on Alan Fraser's approach and identification of possible research questions**

*Discussion leaders: Lauri Väinmaa, Pirkanmaan University of Applied Sciences, Tampere, Finland*

*Gilles Comeau, University of Ottawa, Ottawa*

12:30 pm – 1:30 pm

### **Lunch**

## ***Applying Eutony Principles to Instrumental Performance***

1:30 pm – 2:15 pm

### **Eutony Workshop**

*Presenter: Ursula Stuber, Université Laval, Québec*

*The workshop will give participants the opportunity to experience the main principles of Eutony movement and practice:*

- *Transport: Weight distribution within the conscious interplay of the anti-gravitational forces through the bones and the joints in order to free the stretch reflexes of the skeletal muscles.*
- *Conscious touching: Awareness of the skin and dynamic touching, including the drawing technique.*
- *Contact: The contact technique with the ground and the instrument and its implications for muscle tone and the quality of sound.*

2:15 pm – 3:15 pm

### **Transport, Conscious Touching, Drawing Technique and Contact Technique Applied To the Keyboard**

*Presenter: Ursula Stuber*

*A few students will be asked to play a short excerpt from their repertoire for experimental and demonstration purposes.*

3:15 pm – 3:30 pm

### **Break**

3:30 pm – 4:30 pm

### **Introduction of the Laval Music Faculty's Interactive Multimedia Eutony Site**

*Presenters: Ursula Stuber, Marie-Claude Dumoulin, Université Laval, Québec*

*Ursula and Marie-Claude will present the anatomical illustrations, interactive exercises, questionnaires and evaluation charts they have designed to personalize the student's learning and gather data for a research study.*

4:30 pm – 5:00 pm

### **Discussion on Stuber's work and identification of possible research questions**

*Discussion leaders: Lauri Väinmaa*

*Gilles Comeau*

**Saturday, March 7**

## ***Scientific Measurement of Body Reaction during Piano Performance***

9:00 am – 9:45 am

### **Feldenkrais Awareness through Movement Lesson**

*Teacher: Marianne Rivington, Ottawa Hospital, Ottawa*

9:45 am – 10:15 am

**“Warming up” in Piano Playing: What Does It Really Mean?**

*Presenters: Gilles Comeau, University of Ottawa, Ottawa*

*Donald Russell, Carleton University, Ottawa*

*Ivea Mark, University of Ottawa, Distant Program, Calgary*

*Michèle Wheatley-Brown, University of Ottawa, Distant Program, Calgary*

10:15 am – 10:45 am

**“Relaxation” and “Stiffness” in Piano Playing: Educational Metaphors or Scientific Reality?**

*Presenters: Gilles Comeau*

*Donald Russell*

10:45 am – 11:00 am

**Discussion**

11:00 am – 11:15 am

**Break**

11:15 am – 11:45 am

**Measuring Motion**

**Approaches and Limitations**

*Presenter: Donald Russell*

**Motion Measurement Example: The Ergonomic Bench**

*Presenter: Ursula Stuber*

**Motion Measurement Example: Finger Tapping**

*Presenters: Donald Russell*

*Gilles Comeau*

11:45 am – 12:15 am

**Measuring Force**

**Approaches and Limitations**

**Driving Point Impedance Measurements during Piano Playing**

*Presenters: Donald Russell, Carleton University, Ottawa*

*Christy Vant, University of Washington, Seattle, USA*

12:15 pm – 1:15 pm

**Lunch**

1:15 pm – 1:45 pm

**Other Data: MIDI and EMG**

**Approaches and Limitations**

*Presenter: Donald Russell*

1:45 pm – 2:00 pm

**Breathing Belts**

**Breathing Patterns of Musicians**

*Presenters: Flora Nassrallah, University of Ottawa, Ottawa*

*Isabelle Cossette, McGill University, Montreal*

2:00 pm – 2:15 pm

**Thermal Imaging**

**Rise and Fall of Arm Muscle Temperature**

*Presenter: Christophe Herry, Carleton University, Ottawa*

2:15 pm – 3:00 pm

**Demonstrations - EMG, MIDI, Breathing Belts, Thermal Imaging**

*Demonstrators: Caroline Andison, Carleton University, Ottawa*

*Zacharie Brunet, University of Ottawa, Ottawa*

*Christophe Herry, Carleton University, Ottawa*

*Flora Nassrallah, University of Ottawa, Ottawa*

3:00 pm – 3:15 pm

**Break**

3:15 pm – 4:30 pm

**Discussion: Confirming Research Projects**

*Discussion leader: Matti Ruippo, Pirkko - University of Applied Sciences, Tampere, Finland*

4:30 pm

**Wrap-up**