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Département de / Department of  
*Musique Music*

**ATELIER / WORKSHOP**

The Path to Pain-Free Performance

**Donald Himes**

**(Royal Conservatory of Music)**

*Ontario Registered Music Teachers' Association*



*L'Association des professeur(e)s de musique de l'Ontario*

**DIMANCHE**

**19 NOVEMBRE**

**DE 10 H À 16 H**

**SALLE 109**

**SUNDAY**

**NOVEMBER 19**

**10:00 AM - 4:00 PM**

**ROOM 109**

**PAVILLON PÉREZ BUILDING  
(610 CUMBERLAND)**

**COÛT 20 \$ (Adultes), 15 \$  
(Étudiants, membres d'ORMTA)**

**COST \$20 (Adults), \$15  
(Students, ORMTA members)**

**RENSEIGNEMENTS / INFORMATION : 613-562-5733**

[www.musique.uottawa.ca](http://www.musique.uottawa.ca)  
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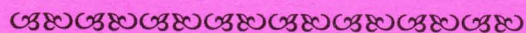
# The Path to Pain-Free Performance

Transforming our musical concepts successfully into sound requires our muscular, skeletal and nervous systems to function in total harmony. Considering the number of performers whose careers have been compromised by pain and disability, it seems clear that simply spending hours practising may not be the solution but rather, the cause. Even seemingly insignificant mis-alignments and unwarranted tension can, with repetition, produce tendinitis, carpal tunnel syndrome, repetitive strain injury and myriad other difficulties.

These physical problems have nothing to do with whatever 'talent' one may have, but are caused simply by the misunderstanding and mis-use of our human movement capabilities. Fortunately, they can, given time, be alleviated by mindful observation of what we do and how we do it. By becoming aware of misconceptions of movement and by learning to recognize ingrained habits we may have unconsciously acquired, we will gradually be able to access the ease, fluidity and power so essential to full musical expression.

This workshop, based on the work of MOSHE FELDENKRAIS is the opposite of what is generally considered 'exercise'. It will provide, through gentle movement exploration, the environment for you to experience how the integration of your head, fingers, hands, arms, shoulders, spine, pelvis, legs and feet can help to more easily produce 'the perfect note', whether sung, bowed, pressed, blown, plucked or struck.

Participants should dress warmly and bring something comfortable to lie on.



DONALD HIMES est diplômé de l'Institut Jacque-Dalcroze (Genève) et est un praticien certifié de la technique Feldenkrais. Il est coordonnateur du programme Dalcroze au Conservatoire Royal de musique de Toronto et était le pianiste-compositeur pour le programme « Mr. Dressup » de CBC. Il enseigne le piano en privé et a guidé bon nombre de musiciens vers une relation plus saine avec leur instrument.

DONALD HIMES is a graduate of l'Institut Jaques-Dalcroze (Geneva) and a certified Feldenkrais practitioner. He is the co-ordinator of the Dalcroze programme at the Royal Conservatory of Music (Toronto) and was the pianist/composer for the C.B.C programme 'Mr. Dressup'. He teaches piano privately and has guided many musicians toward a healthier relationship with their chosen instrument.