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FRIDAY  
OCTOBER  
28

# Eutony Workshop

WITH URSULA STUBER

November 4, 5 & 6, 2005  
Music Department, Ottawa University

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***What is Eutony?*** A method to re-educate the musician's body in order to correct and/or avoid problems of muscle tension and/or pain while playing an instrument.

***Who can gain from this workshop?*** Instrument/voice professors and students who wish to increase their awareness of body movement and posture while playing or singing.

***About Ursula Stuber:*** Ursula Stuber studied Music at the Bienne Conservatory in Switzerland. She graduated in Eurhythmics and holds a Diploma of psychomotor rehabilitation from the Institut Jaques-Dalcroze in Geneva as well as a diploma from the Gerda Alexander School of Eutony (1997). She is professor at Laval University, has studied arts medicine, is widely published, has received awards in her field, and is currently pursuing research on the body posture and gestural education in the context of performance and music education. She co-authored a video *Tuning the body to music* (1994) and has also developed an ergonomic stool designed especially for musicians.

*Workshop hours: Friday evening, Saturday 9 – 5 PM and Sunday 9 – 3:30 PM*

## ***Registration Fee***

Adults/teachers: 200\$ - non-reimbursable deposit of 75\$ payable before October 28th  
- 125\$ payable at registration desk on Friday November 4th  
Students: 130\$: - non-reimbursable deposit of 50\$ payable before October 28th  
- 80\$ payable at registration desk on Friday November 4th

**To register or for more information,  
contact Lorraine Hétu (523-7427; LorraineHetu@yahoo.ca) or  
Mélina Dalaire (282-2985; studioallegretto@videotron.ca)**