

Performance Lab Sessions

Workshops Stage Awareness for professional musicians in 2021 by Mart Blom

When:

- 8th of March 10 until 13
- 18th of March 14 until 17
- 22nd of March 10 until 13
- 1st of April 14 until 17
- 12th of April 10 until 13
- 15th of April 14 until 17
- 22nd of April 14 until 17

Where:

[Studio Meneer de Wit](#), Baarsjesweg 202, Amsterdam.

For whom:

Professional musicians. A minimum of 4 and a maximum of 6 participants per session.

Subjects:

- Focus and concentration in body, mind and music
- Gaining more control in body and mind through letting go of unnecessary tension (control-not control)
- Staying in the here and now (dealing with distracting thoughts)
- Breath as a tool for flow and focus
- Feeling more connected to yourself and to the listeners (committee, audience)
- Dealing with high pressure situations
- Efficiency in movement and body in order to prevent injuries

Why:

By working in a small group we create a different learning environment than, for instance, a private lesson.

The presence of others will bring the opportunity to deal with the natural stress responses that occur when people are watching you. Just the looking eyes will bring the nervous system in survival mode; higher heart rate, muscle tension, breath goes up and a sense of heightened alertness. These are all very healthy and sensible reactions when you are in a real survival situation, but during playing and/or singing it can stand in the way of a great performance. By recognizing, accepting and working through these reactions you can make them work for you and not against you.

These sessions are meant as a 'bridge' between your study room and the stage and/or audition. It is not about a perfect performance but it is meant as a safe place to train your stage skills in the presence of others. The added value of the group is that everyone has different challenges; from tension in the body to fear for black-outs, from perfectionism to distracting thoughts, from focusing on the jury instead of the music to fear for certain notes and/or passages, and so on and so on.

All perfectly logical and normal issues for stage performers. It helps to be together and share these experiences in order to create a sense of belonging. You are not alone with your 'problem'.

Safety and privacy:

This is an important item in the group. There will be no judgmental feedback, only constructive and positive comments. I will ask you to keep a code of silence as to whom attends the sessions and to what they did. Speaking about your own learning experiences is no problem of course.

I will take care of a respectful and safe learning climate by leading the conversations if necessary. Furthermore, we will abide by the Covid rules which are in place at that given time.

How:

We will do a body scan together and talk about your personal learning goals before playing in front of each other. Bring a musical piece that you (preferably) know by heart and that contains the particular challenges that you want to work on. It could be wise to plan two or three sessions in order to deepen your learning process, but one session is perfectly fine as well.

By whom:

My name is Mart Blom, I am a teacher of Stage awareness at the ArtEZ School of Arts and I have a busy practice as a haptotherapist in Amsterdam. I studied classical singing at the Conservatory of Amsterdam and worked as a singer until 2004.

Because of a failed surgery on my vocal cords I had to change my direction in life. This has led to my current professions: working with professional musicians, students of music and others. This work gives me a great sense of fulfillment and joy.

For more information, check my website: www.blom-haptotherapie.nl

Contribution:

€ 100, - per person per session. **Due to the Covid crisis there will be a discount in March and April 2021; you can book two sessions for the price of one.** You will get an invoice for musical coaching.

Want to join or ask a question?

Send me an email: blomhaptotherapie@gmail.com

Call or WhatsApp me: 06 15 345 134