



Virginia String Teachers Association

Presents

Inner Game of Music & Bringing Music to Life: Seminar & Masterclass

with

Barry Green

Author of *The Inner Game of Music* and *The Mastery of Music*



Saturday, September 20, 2008

1:30-4:30PM

McLean HS Auditorium

1633 Davidson Rd.

McLean, VA 22101

*For more information & directions,
contact Helen Fall (703)425-9279*

VAViola@gmail.com

or go to website: www.vastaweb.org

*Big audition coming up? Recital? Need
advice for more effective ways to
practice? This event is for you!*

Registration fees:

(Pre-Registration/At-the-Door)

\$25/\$30 VASTA Members (or students
of members)

\$35/\$40 Non-members

Pre-Registration Deadline:

September 5, 2008

REGISTRATION FOR ATTENDEES & PARTICIPANTS

*This seminar is in conjunction with the VASTA NoVA SRO Prep Day. Participants in both events
receive a discount. See SRO Prep Day flyer for discount information and dual registration.*

Name _____

Address _____

Telephone _____ E-Mail Address _____

Please check one: I am a

____ VASTA Member ____ Non-Member

____ Student (Teacher's Name _____)

*Students of ASTA Members may register at member price with teacher's name and member
number.*

ASTA Member ID # (required for member price) _____

Please complete and send this registration and **check** made **payable to VASTA** to:

Helen Fall, VASTA past-president

4318 Argonne Dr.

Fairfax, VA 22032

The Inner Game of Music

Overcoming mental obstacles to performance, practicing and teaching through Inner Game Techniques of Awareness, Commitment and Trust. Session will include Green's humorous signature demonstration of his distracting inner voice plus live coaching demonstrations with individuals performing. Session includes live demonstrations of concentration techniques with the audience as well as Inner Game DVD examples with ensembles.

Bringing Music to Life

Bringing Music to Life will include live musical coaching demonstrations with individuals and group exercises with three skills of Breath, Pulse and Movement. YouTube clips show famous jazz, hip-hop, Latin, classical and chamber music artist demonstrating their use of the body in performance. Be prepared to model, imitate, conduct, jam, scat, move and groove as you recreate the music and bring it to life.

Barry Green, a native Californian, served as Principal Bassist of the Cincinnati Symphony for 28 years. As former Executive Director of the International Society of Bassists, he is currently directing a young bassist program for the San Francisco Symphony Education Department, teaches privately at Stanley Intermediate in Lafayette and at the U. of Calif. Santa Cruz and has organized the Northern California Bass Club.

Principal Bassist with the California Symphony and the Sun Valley Idaho Summer Symphony and active as a bass soloist and teacher, Green has been performing for young audiences in schools in the Bay Area as well as performs bass workshops and concerts on tour. Green has studied with the legendary bassist François Rabbath. Green wrote ***The Popular Bass Method*** in three volumes in collaboration with Bay Area jazz bassist Jeff Neighbor.

Green is author of the Doubleday book ***The Inner Game of Music***, with W. Timothy Gallwey, (1986) which deals with musicians reaching their potential in performance and learning which has sold over 200,000 copies worldwide. He has written seven Inner Game of Music Workbooks published by GIA Music for keyboard, voice, instruments and ensembles. Green seminars workshops and personal appearances sometimes include a unique lecture/concert called *Journey into the Mind and Soul of the Musician* that demonstrates concepts in Green's ***Inner Game of Music*** book and his new book ***The Mastery of Music***.

The Mastery of Music, Ten Pathways to True Artistry, published by Broadway/Doubleday in May 2003, is based on interviews with over 120 world famous musicians on topics of courage, passion, creativity, discipline, humility etc. It deals with qualities of greatness from the human spirit that transcend all professions. Jazz and classical artists interviewed include Dave Brubeck, Bobby McFerrin, Joshua Bell, Frederica von Stade, Christopher Parkening, Evelyn Glennie, Jeffrey Kahane and many more.