

SELF-CARE FOR PIANISTS OF ALL AGES

Nutrition for Pianists:

Joint Health, Performance Anxiety, Energy Levels, and More!

Evan Engelstad

3:00 PM

The Self-Compassionate Musician:

Strategies to Promote Well-Being in Difficult Times

Jessica Johnson

4:00 PM

Playing Deliciously:

The Legacy and Teachings of Dorothy Taubman

Benjamin Steinhardt

5:00 PM

Workout for Musicians

Young Bae Park

6:00 PM

Workout for Musicians

In the session, I will help you achieve better performance in music with improved body condition. Releasing your neck, shoulder and back muscles will let your body be relaxed. Developing large muscles will increase your stamina. I will also introduce strategies to help you create a right posture at all times. Please come, learn and enjoy!

Young Bae Park is a personal trainer, a health consultant and an ice hockey coach. He played in the Korea national ice hockey team, coached in Gretzky hockey school and taught in Pasadena and Burbank ice rink. He is sharing his strategies of fitness, ice hockey, inline skating and more on his YouTube channel "Young TV".

