

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

Playing Deliciously: The Legacy and Teachings of Dorothy Taubman

Great American piano pedagogue Dorothy Taubman (1917-2013) was a pioneer in the field of musician's wellness. One of the first teachers to observe piano technique from the perspective of biomechanics, she developed a comprehensive technical approach which has helped hundreds of pianists recover from injury. She believed that piano playing should feel "delicious and euphoric." This session offers an overview of Taubman's life and outlines her core principles and techniques.

Pianist Benjamin Steinhardt enjoys an international reputation for his innovative teaching and regularly performs in the New York metro area. Placing an emphasis on creativity and exploration his teaching incorporates concepts from the Taubman Approach, Music Learning Theory, Dalcroze, and somatic education to give students the tools to reach their highest potential. His writings and webinars have been featured on the MTNA, American Music Teacher, Clavier Companion, TheCuriousPianoTeachers.org, and iPianoTeacher.com.

An artist of great versatility, Steinhardt is equally at home as pianist in the concert hall, and as conductor in the orchestra pit. Recital and chamber performances as a pianist include Zankel and Weill Recital Halls at Carnegie Hall, Merkin Hall, and Greenwich Music House. Work as a musical director includes Queens Theater in the Park, the Edinburgh Fringe Festival, the New York Musical Theater Festival, Bravo television and cabaret spaces throughout NYC including The Metropolitan Room, Studio 54, and Birdland. Steinhardt is Treasurer of the Connecticut State Music Teacher's Association and co-administers "The Art of Piano Pedagogy," an online community for professional piano teachers with well over 23,000 members.

