ARTISTS' HEALTH ALLIANCE PRESENTS

R4P Research for Practice Talk Series

COMPOSED Documentary Screening & Panel

You are invited into the world of professional classical music, for an exploration of the many causes of and solutions for performance anxiety.

This feature documentary brings together dozens of professionals from prestigious orchestras, symphonies, and music schools to discuss their personal journeys, and consider how best to achieve excellence in the face of enormous pressure.

Composed finally confirms what so many of us have always secretly wondered—no, it’s not just you who has experienced the physical and mental agonies of performance anxiety, and yes, there are many ways to overcome the symptoms and deliver peak auditions and performances.

Panelists
John Beder, COMPOSED Director, filmmaker and percussionist
Prof. Darryl Edwards, Internationally-Renown Singing Teacher
Bryan Epperson, Principal Cellist, Canadian Opera Company Orchestra
Dr. Kate F. Hays, Ph.D., C.Psych., Founder, The Performing Edge
Moderated by Dr. Lee Bartel, Professor, Faculty of Music, University of Toronto & Founding Director, Music and Health Research Collaboratory

November 5, 2017
2:30pm-4:30pm
Presented with
Performing Arts Medicine Association
University of Toronto Faculty of Music

To learn more and register, visit artistshealth.com/aha/workshops or call (416) 351-0239