

Stage- and Performance Training Resonance Practice (SPR)

3 - 5 April 2021 in Berlin

"The audience is the musician's soundboard."

The focus of the SPR is the performance situation on stage with audience.

The so-called stage fright dissolves when one learns not to play in front of or for an audience, but to play with the audience.

In this sense, stage nervousness is not a fear, but the result of not having learned to deal with the much higher energy that is effective in stage performances due to the presence of the audience.

Resonance is the key for the sonic, physical and mental behaviour in performance situations, and is trained in the course concretely in the stage situation.

Resonance means that one does not try to control the situation, but that one resonates with the situation in order to let the high energy of the situation become effective for making music.

A further emphasis of the course lies in the area of practicing.

It is amazing, that most professional musicians usually practice a lot, but only a small percentage of the musicians feel comfortable on stage.

So the question arises whether practicing is effective for the stage performance?

One of the big differences between practicing and performing is, that in performing you only have one passage in a flow.

This means that nothing can be repeated in the performance.

Therefore one of the most important tasks of practicing is to learn to change the playing as much as possible while playing and not by playing again.

Another aspect of practicing is whether the way you practice undermines confidence or supports confidence.

The course is aimed to musicians of all instruments, singing and conducting.

Perception exercises and sound movement exercises of Resonance Practice are integrated into the course, which bring the musculature into a balanced condition.

If the musculature is fundamentally balanced, there is the possibility to easily dose and mix tension and relaxation as required by the music and the stage situation with audience.

Date: 3 - 5 April 2021, from 11-14 and 16-18 respectively

Location: exploratorium Berlin, Mehringdamm 55, 10961 Berlin, Hall 1, Staircase C

Number of participants: 12 musicians, active participation only

Course fees: 300,- €, Students 250,- €

Cancellation: Half of the course fee is due if the course is cancelled by you.

Cancellation of the course due to current health situation is free of charge.

Other: Please only transfer the course fee after I have asked you to do so, when it is clear that the course can take place under the current regulations.

Arrival from out of town: The first day of the course is Easter Saturday. From years of experience with courses over Easter, I recommend that you arrive already on Thursday.

Registration: thl@resonanzlehre.de

Thomas Lange, born in 1960, is the founder of Resonance Practice and has been teaching musicians of almost all instruments, singing and conducting for over 30 years. He is director of the Resonance Teachers Training Institute in Berlin.

Many of his clients have successfully participated in auditions and hold positions in the most important German orchestras and opera houses: NDR Sinfonieorchester Hamburg, Staatsoper Hamburg, NDR Radiophilharmonie Hannover, Staatskapelle Dresden, Bayerische Staatsoper München, Münchner Philharmoniker, Deutsche Oper Berlin, Staatsoper Berlin, Berliner Philharmoniker.

He studied violin in Berlin and Paris with Saschko Gawriloff, Thomas Brandis, and Gérard Poulet.

He played for over 10 years in numerous orchestras, including the Deutsches Symphonie Orchester Berlin and the Berliner Philharmoniker.

He taught Resonance Training at the Hochschule für Musik Hannover in collaboration with the Institute for Physiology of Music, the Universität der Künste Berlin and the Hochschule für Musik Frankfurt/Main.

He has given guest classes with various orchestras, including the Orchestra of the Hessisches Staatstheater Wiesbaden, the Baltic Sea Philharmonic, the Orchestra of the Schleswig-Holstein Music Festival, and the NDR Radiophilharmonie Hannover.

The musicians of the NDR Radiophilharmonie evaluated his course as the "by far the best bodywork course for musicians ever at NDR."

www.resonanzlehre.de