

# WHOLE HARPIST PROGRAM

*an opportunity to gain new insights into playing the harp--  
now in our eighth year!*

**Sat. March 16, 2013—1:00-5:30 PM**

**Carolyn Kuban, director**

## Program

This year emphasis will be on movement at the harp—how to better enjoy playing by enhanced finger/hand/ arm/torso movement. Participants will bring their harps for 'hands on' application of ideas. Also covered is help with upper body relaxation and posture, repetitive motion syndrome, finger strength and reaching issues; and general ease by placing 'by feel' at the harp. This information is based on current music research regarding the role of the brain in learning and motor movement. We will end with improvising at the harp, a skill that trains for better listening, concentration, and relaxation—and more confidence--at the harp, done in a non-threatening group setting.

This program is now geared to all levels, beginner through advanced, though some experience with the harp (a year or more) is most beneficial. Both pedal and non-pedal harpists/ harpers are encouraged to attend, ages 14 and above (see student/senior discount below)

**\*\*\*Attn. teachers:** this workshop has made a difference in teachers' understanding of the brain/body connection for optimal learning of a musical instrument. Please tell your students and others who might be interested about this program. Thank you for spreading the word. Carolyn

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## Workshop Location:

**Rocky Mountain Center For Musical Arts, 200 Baseline St., Lafayette, CO (just southeast of Broomfield)**

**Contact info:** Carolyn Kuban at: [kubanks@me.com](mailto:kubanks@me.com) 303-499-0229/ cell 303-204-8443

To learn more about Carolyn's work go to: [www.wholeharpist.com](http://www.wholeharpist.com)

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**Recent comments:** *"This was a great workshop," "Nicely paced, good topics, easy atmosphere." "My favorite part was on 'programming the brain'," "The workshop was unique", "I loved it and want to do more!"*

**About Carolyn:** She is a faculty member of the Rocky Mountain Center for Musical Arts, both as music therapist and harp teacher. She graduated from Eastman School of Music in harp performance and from Colorado State University in neurologic music therapy. She is also a music-medicine practitioner for harpers/harpists dealing with pain or injury (and prevention). She has given presentations on harp therapy and music therapy regionally and nationally and has taught harp performance at the Universities of Denver and Oklahoma. She maintains a private studio in her home in Boulder for beginning through advanced students, teen through adult.

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## Registration Form

Name \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Level of ability \_\_\_\_\_ (beginning/intermed./adv./teacher)  
Type of harp bringing \_\_\_\_\_ (can bring non-pedal harp even if a pedal harpist/  
lap harps not encouraged)

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<b>Fees:</b>	Early workshop fee (by March 1)	\$60.00 _____
	Student /senior fee (age 15-22 or senior 64+)	\$50.00 _____
	Fee-- after March 1	\$10.00 _____
	Total	_____

Please send form and checks to Carolyn Kuban, 725 S. 43<sup>rd</sup> St., Boulder, CO 80305