

# JOINT WEST SUBURBAN ISMTA WORKSHOP



PERFORMING  
WITH POISE  
PAUL KENYON



THURSDAY,  
FEBRUARY 23, 2017

WS ISMTA Workshop  
c/o Rasa Valancius  
2312 Modaff Road  
Naperville, IL 60565

**SAVE AND SEND IN YOUR REGISTRATION EARLY!**

**PLEASE RETURN WITH PAYMENT BY FEBRUARY 18, 2017**

Yes, I will attend the workshop on Thursday, February 23, 2017. Make checks payable to the WS ISMTA Joint Fund.

Pre Registration (by Feb. 18, 2016)—Adults \$25 ..... Registration at the door—Adults \$30.00; Students \$5.00

Mail this form and your check (postmarked by Feb. 18, 2017) to address below.

Or email your RSVP and contact information to [rvalancius@yahoo.com](mailto:rvalancius@yahoo.com) and mail your check (by Feb. 18) to address below.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Your ISMTA Local Chapter (if applicable) \_\_\_\_\_

Mail to:

**Rasa Valancius**  
**2312 Modaff Road**  
**Naperville, IL 60565**

**Date:**

Thursday, February 23, 2017

**Time:**

Workshop 9:30 a.m.—12:30 p.m.

Registration begins 8:40 a.m.

**Place:**

Trinity Episcopal Church

130 N West Street, Wheaton, IL

At West and Wesley Streets

**Sponsor:**

Joint West Suburban ISMTA

Local Associations

**Directions:**

Please park on Wesley Street or in the lot behind the church.

**From Roosevelt Rd.**

Turn north on West St., over the tracks to Wesley St.

**From Geneva Rd.**

Go south on Main St. to Wesley and west to West St.

**From I-88**

Exit at Naperville Rd., go north to Roosevelt Rd., west to West St. and north to Wesley St.

# PERFORMING WITH POISE:

*a workshop by*

PAUL KENYON

For many music students, and even experienced professional performers, the idea of making music in front of an audience seems to induce much more fear than it should. Even performers who have invested years developing musical expertise routinely report high degrees of performance-related anxiety and distress.

In contrast, the word “poise” can be defined as “behavior or a way of moving that shows calm confidence.” Most of us who engage in the business of teaching music students to perform, or those who perform ourselves, would welcome ways to inject a bit more “calm confidence” into the performance experience.

*Performing with Poise* is an interactive workshop that begins with the premise that performing is a skill that can be taught, learned and developed over a lifetime. During the workshop Dr. Kenyon will address:

- 1) optimizing physical elements of balance and movement in music making,
- 2) securing reliable preparation of both technical and expressive elements in performance repertoire, and
- 3) cultivating an underlying mindset and motivation that will enable our best work to see the light of day as we perform.

The emphasis will be to demonstrate concrete steps leading to greater poise and freedom of expression in any performance opportunity.

## ABOUT PAUL KENYON

Paul Kenyon is member of the music faculty at Olivet Nazarene University in Bourbonnais, Illinois, where he teaches courses in applied piano and music history. Before returning to the Midwest, he was a member of the music faculty at Point Loma Nazarene University in San Diego for 24 years. Born in upstate New York, Dr. Kenyon has studied at the Royal Conservatory of Music in Toronto, and earned the Doctor of Musical Arts degree from Michigan State University. He has recorded three CD's solo piano music — “Garden Music,” “Chiaroscuro” and “Delight, Touch and Inspire” and appears frequently with a variety of chamber music and jazz ensembles. Recent performances have included both solo recitals and collaborative concert appearances with violinist, Päivikki Nykter; string bassist and author, Barry Green; jazz guitarist, Peter Sprague; and the Catalina Trio.