



## Review: Barry Green Workshop

*Submitted by Ramona Saunders*

The Barry Green Workshop, which was originally scheduled for October 27, 2007, was rescheduled on December 1, 2007 due to the firestorm. This event marked the first time that CAPMT District I and NATS SD (National Association of Teachers of Singing - San Diego) collaborated to co-present an event.

The workshop, held in Rhapsody Hall at SDSU between 10:00 AM and 4:00 PM, was attended by members of CAPMT, members of NATS, SDSU faculty, SDSU students, members of the San Diego Symphony Orchestra, and many others.

The workshop began with a very entertaining introduction performed by Barry Green, illustrating how and why the techniques for the “inner game” were developed. The workshop featured a discussion and group exercises for Green’s books *The Inner Game of Music* and *The Mastery of Music*. Green presented several PowerPoint presentations to illustrate some of his points.

Both morning and afternoon sessions concluded with presentations by participants in the workshop. Each of the nine participants performed a piece they knew well, then was asked how they felt about their performance. Not surprisingly, no one was 100% satisfied. Even though every performer did well, each one was able to list several weaknesses they were not happy about.

<i>Calendar of Events</i>	
<b>February, 2008</b>	
15-17	CAPMT Conference Pacific Palms Resort City of Industry, California
<b>March, 2008</b>	
29	2008 MTNA National Conference (March 29 - April 2, 2008) Colorado Convention Center Denver, Colorado
<b>April, 2008</b>	
25-27	Southern California Festival of the Arts (SCFA) 2008 San Diego State University

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## Help Wanted

CAPMT District I has many members with diverse talents! If you have been looking to extend your creativity, District I would love to have you volunteer to either be our Newsletter Editor or our Webmaster. If you have never produced a newsletter before but have a basic knowledge of any word processing program such as Word or WordPerfect you can be easily guided through the job. If you have always wanted to learn how to edit a website, Classical Edge, the website company we are using, makes this very easy.

Remember, every CAPMT or MTNA position is performed by people who volunteer their time because they believe in the cause of great music available to all and because they want to promote the love and growth of music-making for every new generation. Please contact Ramona Saunders at (760) 639-0694 or [music.mama@juno.com](mailto:music.mama@juno.com) if you would be able to assist with either of these positions.

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Green assisted each performer to develop an “awareness commitment”, or “trust”, technique to commit to the music. He helped them to realize that the feelings of anxiety are similar to feelings of excitement which means that a performer who is feeling anxious can consciously turn those feelings into excitement about the piece and the emotions that may accompany a piece to express it correctly. Green also helped participants to realize that they will perform better when they realize that if they are not invested in having to make their performance perfect, it gives them permission to fail, relieving the pressure and stress that can ruin a performance.

The event progressed smoothly with CAPMT members and NATS members working in cooperation with one another. Many thanks to CAPMT volunteers David Torres, Danielle Gambrell, and Sara Saunders!



From top, L-R:

1. Smiling CAPMT Volunteers helped things go smoothly.
2. Barry Green flashes back to his own performance anxieties.
3. Barry Green assists Molly Wilmot, mezzo soprano.
4. An animated Barry Green gestures to make his point.
5. Barry Green assists violinist Cindy Cook.
6. Tiffany Wen, student of Dr. Mitzi Kolar, CAPMT, waits for comments.
7. Barry Green helps Matt Roehl, tenor, to 'feel the pain' he should express in his piece.
8. Melissa Rivera, soprano, applies Green's techniques as she sings.
9. Barry Green listens carefully to new CAPMT member Ruth Coleman.
10. Marina Martin, soprano, physically prepares to feel the emotions of her song as accompanist Christopher Allen plays the introduction.
11. Darren Wagner performs using Green's own double bass.
12. Bryan Balderman, tenor, expresses loneliness while accompanied by Christopher Allen.

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