

# Balanced Music School

## Events at a Glance

**Feb 16** Classical NATS at UNCG

**March 2** Samantha's Junior Recital

**March 7, 8, 9** *Annie* at Panther Creek

**March 23** Regional NATS in Towson, MD

**March 29,30** Alexander Masterclass

**March 28-31** *The Mikado* – Savoyards

**April 3** Leah's Senior Recital

**April 13** Caroline's Senior Recital

**April 27** 2pm- Faith Recital

**April 27-** 5pm Jack Recital

## January Wrap-Up

It's a new year and we've been working hard to make sure 2019 is better than 2018 was! Here's a preview of what we have brewing for this year!

-Classical NATS is at UNCG on February 16<sup>th</sup>. Bizzy is working on an informational email with all the details including prices for registration and pianist (we have Qiao again!), parking, times, and available masterclasses.

-One of our students, William, is in *Annie* at Panther Creek High School. Let's go support him! Times and ticket prices TBD.

-Regional NATS is in Towson, Maryland at Towson University. The high school day is March 23. We suggest getting a hotel that Friday evening the 22<sup>nd</sup> to prevent having to drive 6 hours early in the morning the day of your audition. More info to come!

-We're planning an Alexander Masterclass with master teacher Suzanne Faulkner on March 29 and 30. Friday the 29<sup>th</sup> is college and Saturday the 30<sup>th</sup> is high school. Both are open to the public and we encourage you to bring friends and colleagues you think may be interested in the technique or lessons with us.

-Both Bizzy and Claire are in the ensemble of the Durham Savoyards production of *The Mikado*! Come out and see some Gilbert and Sullivan March 28-31!

## Summer Camps Registration is Approaching!

As early as it feels, Summer Camp Registration is approaching and plans are being cemented. We do teach during the summer and it's a great way to get ahead of your classmates during this time. Here's a list of a few summer camps we've either worked at, been in contact with, or that we've heard good things about!

-Playmakers Repertory Company has a ton of music and theater camps for all ages.

<http://playmakersrep.org/education-and-outreach/summer-youth-programs/>

-UNC Music Camp focuses on choir, voice, & piano with private lessons and classes

<https://music.unc.edu/unc-cms/workshops/hsmc/>

-UNCG Summer Music Camp has sections available for voice and piano

<https://vpa.uncg.edu/music/smcamp/>

-NC Governor's School is a prestigious audition based camp for Juniors and Seniors

<http://www.ncgovschool.org/>

-YPPC performs a short musical in the span of the camp; all grade levels

<https://www.yppc.us/classes/summer-programs>



## Help Us Help You!

This year we are really trying to teach more students. To do that we need your help! Please follow us on social media at the handles below, and post a positive review on Yelp if you feel so inclined. Tag us anytime! More students would allow us to coordinate more masterclasses, studio classes, recitals, create a summer camp of our own, and many other things that would increase opportunities for you as well!



@BalancedMusicS



@BalancedMusicSchool



<https://www.facebook.com/balancedmusicschool/>



<https://www.yelp.com/biz/balanced-music-studios-chapel-hill>

Atlas of the Human Body by Vigué-Martín

## Yoga Pose of the Month: Standing Forward Bend

The Standing Sequence

**Padangusthasana**  
Pada = Foot Angustha = Big Toe  
"Foot Big Toe Posture"

**A**

1) **Inhale** as you hop or step your feet to a hip-width distance apart.  
 2) **Exhale** place your hands on your waist.  
 3) **Inhale** as you lift your gaze to the sky and open your heart while keeping the shoulders back. (*Do not collapse in the lower back*)  
 4) **Exhale** fold forward and clasp the big toes with two fingers of each hand (A) or take the hands behind the legs as in (B). Another option is to rest the hands on the ankles with the knees bent and the ribs touching the thighs (C).  
 5) **Inhale** look to the horizon and lengthen the spine.  
 6) **Exhale** while moving into whichever phase is most appropriate for you. Avoid rounding the back. Keep the neck long.  
**Remain Here For 5 Deep Breaths**  
 7) **Inhale** lengthen the spine as you gaze to the horizon.

Enter the Next Asana from Here  
[Drishti – Nose](#)

If you feel discomfort in an asana come out and return to your breath.  
 Never sacrifice the breath to achieve an asana.

If You Can't Breathe Fully You Shouldn't Be There!

Yoga is one way that helps keep the body balanced, which is critical to be able to play and sing to the best of your ability. When practicing these poses, focus mostly on the breath and the release of tension where it's not needed. Inhale through the nose, lifting the soft palate, and enjoying the openness of the throat. As you exhale, remain open, without clenching, through the chest, throat, soft palate, and belly areas. All poses should be comfortable. Stretching is good, pain is not. If you cannot breathe, you are too far down in the pose. There is no prize for getting to the end! The beauty is in the process.

Picture Credit:  
**Ashtanga Yoga: The Practice Manual**  
 By David Swenson

**Water Tracker**

Musicians need tons of water every day to stay hydrated and in top shape for performances. You'll be surprised how good you feel! Aim for half your body weight in ounces per day; don't drink a ton before lying down due to reflux; shoot for 8 oz. every hour when possible. Make a check mark for every 8 oz. you drink!

February 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## Vocal Exercise of the Month: Soft Palate Stretch

The soft palate is one of those muscles that we use all the time habitually, but don't actually think about all that often outside of singing. Because of this, most of us have weak or unruly soft palates. To strengthen your soft palate and make it more controllable, complete the following exercise 3 times a day every day!

1. Stand tall in singing poise
2. Smile to engage the cheekbones
3. Stick your tongue to disengage the back of the tongue
4. Pucker your lips to prevent spreading
5. Aim a yawn into your soft palate
6. Maintain as able for 20 to 60 seconds
7. Repeat no more than once per hour ☺

Keep in mind that all of these actions are happening by the time you get to the yawn. Make sure you are standing tall, with no tension in your neck, back, shoulders, or arms. If you feel you are adding tension somewhere, you can play around with doing this while lying on the floor or while doing nose circles. Breathe deeply through the nose and attempt to remain in the position of inhalation as long as possible.

You may feel and look like a duck.....if so, you've succeeded!

### Picture Credits:

Bottom Right: "Atlas of the Human Body" by Vigué-Martín

Bottom Left & Top Right: "Your Body, Your Voice" by Theodore Dimon, EdD

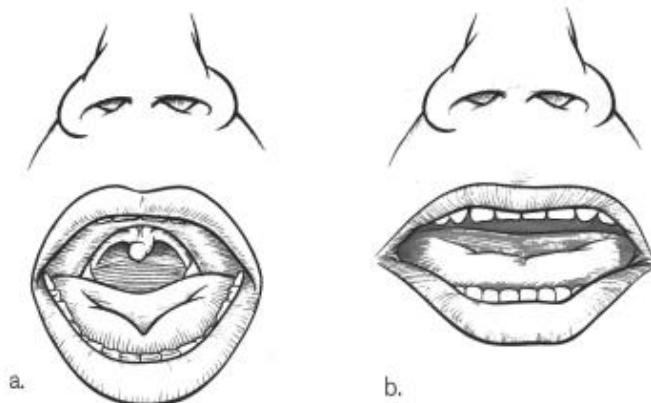


Figure 7-5. a. Singing with an arched or raised palate: open throat;  
b. singing with a depressed palate: tight throat.

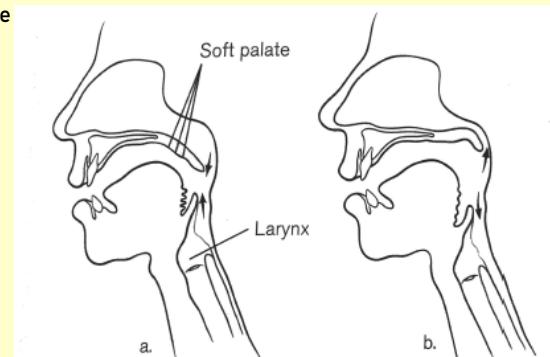


Figure 7-4. a. Raised larynx and constricted throat; b. lowered larynx and open throat. Notice that in (a), the soft palate and larynx move toward each other and the pharynx is shortened; in (b), the soft palate and larynx move away from each other and the pharynx is lengthened.

