

A 12 week course in
Performance Anxiety Rehab

P.A.R.

Objective: to eliminate the negative effects of performance anxiety

When: Thursdays, 7:00-9:00 pm

Beginning June 1st- August 24th

(no class on July 6th)

Cost: \$95 per month to Private Students on the *Barrios* plan and \$120 per month to non-private students.

Class Size Maximum: 6 students

There are specific and workable solutions to performance anxiety. In this 12 week course, we'll apply a series of methods and exercises to a single, memorized work of your choice, designed to enable you to perform without negative performance anxiety, allowing you to express your true potential.

Your progress will be charted and noted by video tape.

The per day practice time for this course will be slightly longer than the piece you are performing.

In addition we will practice our performing skills at a few local hospitals,
finishing with a

Memorial Day Weekend Performance Potluck

Saturday, September 1st

(all students, friends and family invited)

Karlagie Hall

Elk Wallow Ranch, Gaston, OR

Registration: To reserve a spot contact Scott at

scott@miramont.com