



Presents a Series of **Free** Webinars

Email: obartsevents@gmail.com to Register

Maintaining Mental and Physical Health as a Performer

September 16th – 7:30pm

- Breathing Exercises for Relaxation and Health
- How Movement and Yoga Maintain Health
- What Should I Eat?
- Avoiding Injury
- Treatments for Common Injuries
- Meditation and Overcoming Stress

We will be joined by a Physical Therapist who grew up in East Brunswick. Carmine J Gargano is a Doctorate Level Physical Therapist with over five years of professional experience

Vocal Technique

September 23rd – 7:30pm

- How to breathe for singing
- How to overcome nervousness and stage fright- while performing and perhaps in real life
- How to relax and get ready to sing
- How to get out of your own way and let yourself shine as a performer
- Breathing Exercises for Relaxation and Health

Moderated by Maureen O'Flynn-World Renowned soprano and voice teacher (Metropolitan Opera, NY City Opera) and Mara Adler - Lyric soprano and voice teacher who specializing in Italian music and singing technique Teacher at Rutgers Center for Lifelong Learning. Performing here and in Italy with special interest in singing for communities who could not otherwise access classical music

Auditioning - Pulling It All Together

September 30th – 7:30pm

- Preparing for an Audition
- Do I need to pick a piece (and in what key? Do I need an accompanist?)
- How to deal with nerves
- How to present yourself—before/during/after
- Do I send a thank you note?
- How to deal with criticism/rejection/acceptance

Presented by Experienced Auditioners: Sarah Blasenheim, Riley Aviles, Scott Martin, David Crosby