



Zen & the Art of Band Director Maintenance

CLINICIAN:

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TBA Featured Clinician**

SPONSORS:

The Foundation for Music Education & Music Across Texas

Texas Bandmasters Association 2011 Convention/Clinic



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**HENRY B. GONZALEZ CONVENTION CENTER
SAN ANTONIO, TEXAS**

ZEN & THE ART OF BAND DIRECTOR MAINTENANCE

{Taking Care Of Yourself In A Stress-filled Profession}

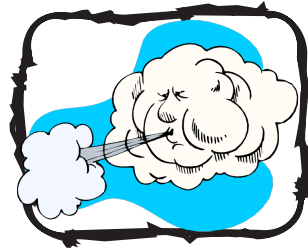


1. STRESS MANAGEMENT

- *Stress is a Killer!
- *Time Management
- *Personal Stress Test
- *My candle burns at both ends!

2. THE IMPORTANCE OF BREATH

- * Relaxing Breath (Darth Vader)
- * 4-7-8
- *Alternate Nostril Breathing
- *Energizing Breath (Breath of Fire)



3. EXERCISES TO DE-STRESS

- *Posture
- *Shoulder Tension
- *Locked Hinges
- *Thumb Tension
- *Superbrain Yoga
- *The Power Nap
- *Diet & Exercise
- *T'ai Chi & QuiGong

CRAFT A LIFE IN WHICH YOU TAKE THE TIME TO
NOTICE AND REJOICE IN THE WORLD AROUND YOU.

