

## WORKSHOP DISPOKINESIS

### BODYWORK, PRACTICE AND STAGE FOR MUSICIANS

**LECTURERS:**



**Katharina Gruber**

Flute and Vocal

[www.katharinagruber.de](http://www.katharinagruber.de)

Dispokineter at the European Society for Dispokinesis

**Christian Gruber**

Cello and Guitar

[www.dispokinesis-gruber.de](http://www.dispokinesis-gruber.de)

**WHEN:**

**August 1st – 2nd, 2026**

Start of the course 1 Aug 2026 at 10:00 a.m.- end 2 Aug 2026 at 3:00 p.m.

**CONTENT:**

**Do you know these feelings:** tension, blockages, pain, stage fright, musician's cramp...? Questions no one can answer for you or simply the desire to broaden your abilities and fully develop your potential as a musician?

**Do you wish:** effortless, reliability, virtuosity, peak performance, the ability to overcome limitations, and a good body awareness free from pain and tension while making music? Are you looking for help with musicians' health issues?

**Dispokinesis** is a form of bodywork developed specifically for musicians, by musicians with specialized training. It offers answers and solutions to all of the above questions, as well as to many other aspects of musical performance. Course content includes an introduction to the fundamentals of dispokinetic work, immersion in various aspects of music-making from a dispokinetic perspective, and exercises with and without the instrument (including voice). The course content is also shaped by the participants' individual needs and presents personalized solution pathways for their specific concerns.

**TARGET GROUP:**

Musicians singers and instrumentalists and music educators of all ages and from all genres; professional musicians, music students, ambitious semi-professional musicians and advanced amateur musicians. The course is also aimed at anyone who simply wishes to continue their education and gain new insights into bodywork for musicians, learning, practicing, performing, and teaching.

Maximum 12 participants

**COSTS:**

**Course fee** € 215,00 per person

Accommodation in the guest house of the Music Academy,

1/2 double room incl. full board € 120,00 per person

Early arrival or later departure € 40,00 every additional night

**REGISTRATION:**

[www.sawallisch-stiftung.de/musikakademie](http://www.sawallisch-stiftung.de/musikakademie)

