

MASTERCLASS CELLO WITH ALEXANDER TECHNIQUE

LECTURERS:



Prof. Jan Ickert
HfMDK Frankfurt
www.janickert.com



Valentin Keogh
Lectureship HfMDK Frankfurt &
Alexander Technique Kronberg Academy

ACCOMPANIMENT: Rie Kibayashi – HfMDK Frankfurt

WHEN: **March 2nd – 6th, 2027**
Start of the course on 2 Mar 2027 at 10:00 a.m.
Final concert on 5 Mar 2027 at 7:30 p.m.

CONTENTS: *A unique opportunity to work with both a principal cello professor and an expert in the Alexander Technique.*
The programme focuses on posture at the instrument, its influence on sound production, and the use of breathing techniques to reduce performance-related stress. Students also take part in group performance classes, receiving feedback from both instructors. Daily Alexander Technique group sessions help establish the fundamentals of body awareness, which are then explored in greater depth during individual Alexander Technique lessons. This interdisciplinary collaboration between the principal cello teacher and Mr. Keogh offers exceptional support, particularly in preparation for demanding situations such as competitions and orchestral auditions. It provides students with fresh perspectives on technical and performance-related challenges, enabling them to overcome obstacles that may otherwise hinder success in these high-pressure settings.
The programme includes:
- Individual cello lessons
- Individual Alexander Technique lessons
- Daily Alexander Technique group classes
- Daily team-taught cello/Alexander Technique sessions

TARGET GROUP: The programme is open to current students, prospective students, and anyone interested in pursuing studies in music.
Applicants are kindly requested to submit a detailed CV together with a video recording of at least one musical work via a video link (e.g. YouTube) as part of their application.
Max. 16 participants

COSTS: Course fee € 550,00
Accommodation in the guest house of the academy,
1/2 double room with full board € 350,00 per person
Early arrival or later departure € 45,00 per additional night

REGISTRATION: www.sawallisch-stiftung.de/musikakademie

