

PERFORMANCE ENHANCEMENT BY DESIGN Presents
Focus and Flow in the Performance Cycle

A 3-Day Workshop and Performance
October 1 - 3, 2010

The secret to experiencing “flow” in performance lies in the ability to shift your focus between the three stages of the Performance Cycle.

Do you find it difficult to turn off the chatter in your brain while performing?

Do your audition, competition, and performance experiences often fail to meet your expectations, even after careful preparation?

Do you want to experience more flow in your performances?

Learn the secrets to:

- Activate more right brain activity and experience more flow in your performing
- Master the delicate balance between „control“ and „letting go“ during performance
- Find the “Zone” - the art of „allowing“ and „letting go“ .
- Practice techniques you’ve learned in a live performance

Registration and Information:

<http://janet-williams.com> email: mail@janet-williams.com 030 755 9588

Total Price: 250 €

Registration and payment Deadline: September 10, 2010

Early Bird Special: 50 € discount for the first 10 singers to register and pay by **September 1, 2010 ***

**No refund in case of cancellation, but someone may attend in your place.*

***A minimum of 10 participants required for the workshop to take place*

Schedule:

Friday, October 1, 2010	15:00 to 18:00
Saturday, October 2, 2010	11:00 to 14:00 and 15:00 to 18:00
Sunday, October 3, 2010	11:00 to 14:00 16:00 Public Performance

**Location: Studio Schokoladenfabrik
Oranienstrasse 163,
10969 Berlin Mitte**

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Workshop Facilitator

Janet Williams, Soprano

American soprano Janet Williams has won international critical acclaim for performances at the Metropolitan Opera, Berlin Staatsoper, Paris Opera, Théâtre des Champs Elysée, Opera de Lyon, Nice Opera, Théâtre Royal de la Monnaie, Geneva Opera, Frankfurt Opera, Cologne Opera, Leipzig Opera, San Francisco Opera, Washington Opera, Dallas Opera, and Michigan Opera Theatre as well as in concerts throughout Europe, North America, Canada, Israel and Japan with conductors including Vladimir Ashkenazy, Daniel Barenboim, Myung Whung Chung, Phillippe Herreweghe, René Jacobs, Marek Janowski, Neemi Jarvi, Raymond Leppard, Fabio Luisi, Sir Neville Marriner, Nicholas McGegan, Zubin Mehta, Kent Nagano, John Nelson, and Michael Tilson Thomas. Her interpretations as a recitalist have been critically acclaimed in Berlin, Paris, Tokyo, New York, San Francisco, Washington D.C. and Detroit.

A native of Detroit, Michigan, Janet Williams holds Bachelor of Music Degree in Voice and Music Education and a Master of Music degree in Vocal Performance from Indiana University School of Music. She is currently a member of the voice faculty of the Rostock Hochschule for Music and Theater as well as the Lotte Lehmann Academy in Perleberg, Germany.

Janet Williams has presented master classes, seminars and workshops based on her book, *Nail Your Next Audition, The Ultimate 30-Day Guide for Singers* in the USA, Berlin, London, and Paris. Participants in her workshops have gone on to perform in theaters in the USA, Germany, Great Britain, and France.