

WSMTA District 1 & District 2 members:

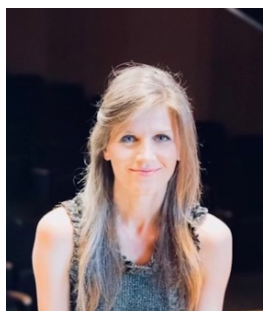
You are cordially invited to the **Districts 1 & 2 Conference** on Saturday, October 7, 2023 (9am-3pm) at Marysville United Methodist Church at 5600 64th St NE, Marysville, WA 98270.

Registration starts on September 1.

\$60 Non-Members, \$50 Members, \$25 Students. Lunch is included.

This year's theme is "Music Making with *MIND-BODY-SOUL*"

Let us be enlightened by three fantastic presenters, who will share their research, experience, and knowledge to help us augment our music teaching profession. We are welcoming:



Dr. Eneida Larti, who will present the ***MIND*** segment with
"Learning Though Imagery: A multi-sensory approach to for successful outcomes"---9:15am-10:45am

"Picture it!" Visualize it!" The ability to practice away from our instruments has proven vital to maintaining our skills during difficult circumstances. However, students may not always be aware of the skill or the steps for getting started. Through research in the field of neuroscience, sports psychology, and anecdotal evidence this presentation will shed light on the power of multi-sensory imagery as a tool for reinforcing technique, memory, and decreasing performance anxiety.



Ms. Katie O'Rourke, who will present the ***BODY*** segment with
"Fostering Fluid Movement"---11:00am-12:30pm

Join us for "Fostering Fluid Movement," a gentle and mindful exploration of the Feldenkrais Method®. Through seated exercises, we'll explore many aspects of posture to enhance self-awareness and creative expression. This process is suitable for all, regardless of mobility or fitness level. Let's foster fluidity and ease in playing and in life!



Ms. Andrea Rackl, who will present the ***SOUL*** segment with
"Inspired Lessons: Infusing Self-Expression in Classical Training"---1:30pm-3:00pm

Ever wished you could add more creativity to your lessons? Ever wondered how to help that student that loves to compose? Ever dreamed of being able to make up music with your students on the spot? Come and be inspired! You CAN do these things, and I'm here to tell you how!

Presenter Bios:

Dr. Eneida Larti enjoys an exciting career as a performer, educator, and chamber musician. She is currently an assistant professor of piano at the University of Idaho and has previously taught at University of Colorado - Boulder, and Ouachita Baptist University.

Dr. Larti has earned prizes in numerous competitions and has performed throughout the United States, Turkey, Albania, Switzerland, France, and more recently, in Thailand. As a chamber musician, she performs with the Hammers & Reeds piano trio, which brings new works to audiences throughout the Northwest. Recent concerts have featured the world premiere of the Quintet for Piano and Winds by Nansi Carroll and Refractions by Dylan Champagne, as well as a program of piano and cello works by women composers. Currently, Dr. Larti is recording works for oboe and piano by composers of the Balkan region. She has worked with cellist Ralph Kirschbaum, Anne Epperson, and the world-renowned Takács Quartet.

Dr. Larti is invited regularly to present at the National Center for Keyboard Pedagogy (NCKP) and for Pedagogy Saturday at the MTNA National conventions. More recently, she presented a lecture recital at the 2023 NCKP: The Piano Conference on English composer Dame Ethel Mary Smyth and her Sonata for Cello and Piano, Op. 5. In demand as an adjudicator, she has served on juries in Alaska, Arkansas, Colorado, Hawaii, Indiana, Idaho, Missouri, Texas, and Washington state. Her students have earned prizes at the MTNA state competitions in Idaho and Colorado, have presented at the MTNA national conference every year, and have worked with esteemed pianists and pedagogues such as Martin Katz, Anne Epperson, Anne-Marie McDermott, and more.

A community-minded entrepreneur, Eneida is co-founder of AIMCreate, a non-profit organization that provides educational opportunities and funding for underprivileged students who wish to pursue music.

Katie O'Rourke is a piano instructor, Feldenkrais Practitioner® and Oxygen Advantage® Functional Breathing Instructor offering private lessons and movement coaching in the Seattle area and online. Katie also runs the Awareness Through Music Blog, which is dedicated to providing resources on injury prevention, musicians' wellness and mindful pedagogy. As a pianist, Katie has collaborated with Whatcom Symphony, Skagit Opera, and Whatcom Wind Ensemble, and Bellingham Chamber Orchestra. She is a performing member of Ladies Musical Club of Seattle. Katie's other musical interests include Dalcroze Eurythmics, Taubman Technique, and composition. In her free time Katie enjoys cooking, going to the beach, and spending time with family and friends!

Andrea Rackl graduated from WWU, having studied with Ford Hill, Jeffrey Gilliam, and Jacques Despres. Since then, she has concertized as far afield as Japan, serves as the Bellingham Symphony Orchestra's principal keyboardist, helps lead Bellingham House Concerts, is the president of the Bellingham chapter of WSMTA, and is known throughout the region as a soulful and engaging soloist and collaborator. For the past 32 years, Andrea has maintained an active studio, where she teaches what she calls the Four Arts of Music: Interpretation, Improvisation, Arranging, and Composing. It is her mission to bring the joy of these arts to her students and her audiences.