

The Alexander Technique 10.30am-12noon B2

Isobel Anderson, West Drawing Room

The Alexander Technique helps awareness of harmful postural habits that may cause stress. With this awareness you can: be poised without stiffness, move gracefully with less effort, be alert and focussed with less strain, breathe and speak more easily, be calm and confident. This workshop will explore the ideas behind the Alexander Technique and look at practical ways of approaching violin playing and life in general.

Please note that in the interests of participants, spectators are not allowed into workshops.

Playing Different Instruments Together 10.30am-12noon B3

Mark Neal, Edinburgh Suite

Mark is a multi instrumentalist with bands Heeliegoleerie and Teannaich and a recording music producer. This workshop will look into arranging and playing different instruments together, using harmony, chords and rhythm to bring out the most in any instrument. Please bring your instrument of choice.

Afternoon Workshops

Different Types of Ornamentation 12.30-2pm B4

Louise Hunter, East Drawing Room

Graduate of RSAMD, a skilled teacher while still at school herself, Louise is a tutor in great demand - with over fifty students. In this workshop she will teach tunes by ear and look at different types of ornamentation.

Understanding Chord Progressions...Improvising 12.30-2pm B5

Iain King, West Drawing Room

Iain King is one of the very few violinists who have mastered the art of Swing Jazz.

In this workshop he explains the importance of understanding chord progressions and his technique of improvising through them. A rare chance to explore this subject!

Breton Music 12.30-2pm B6

Hervé Lorre, Edinburgh Suite

Hervé and his fellow fiddler from Tymao, Fred Bouley, will teach some Breton music for performance with their flautist and guitarist. A wonderful opportunity to learn more about this thriving and fascinating tradition.

Skills of Composition 2.30-4pm B7

Charlie McKerron, East Drawing Room

Charlie will draw on his vast experience as a player (with **Capercaille** and **Session A9**) and as an award-winning and prolific composer to examine the **skills of composition**, particularly jigs and reels.

Phrasing, Rhythm and Bowing 2.30-4pm B8

Aidan O'Rourke, West Drawing Room

Originally from the West of Scotland Aidan – well-known as a member of **Blazin Fiddles** and **Lau** - was voted instrumentalist of the year at the 2006 Trad Music Awards, and has made his name as one of Scotland's most expressive fiddlers and composers. His workshop is for more experienced players and looks at **phrasing, rhythm and bowing** as ways to improve technique.