



Boston Flute Academy Presents

WHAT MOVES US

A Weekend of Flute, Yoga & Career Guidance with Laura Barron

Saturday, April 12th, 2014

12:00 *Yoga and the Breath* - A guided yoga session designed to help flutists develop muscular flexibility, manage performance anxiety, increase breath awareness, and prevent injury.

1:15 *Sell Art Not Out* - A career workshop with engaging exercises that allow flutists to explore the possibilities for fusing their various passions with their musical endeavors in authentic and professionally viable ways.

2:30 *Flute Masterclass* for all ages.

Sunday, April 13th, 2014

1:00 *Yoga and the Breath* - A guided yoga session designed to help flutists develop muscular flexibility, manage performance anxiety, increase breath awareness and prevent injury.

2:15 *Art for Social Change* - An inspiring presentation that explores the possibilities for bringing your artistic gifts into a variety of social service contexts.

3:30 *Flute Masterclass* for all ages.

Formerly on faculty at the Universities of Oregon, Wisconsin, and Northern Arizona, Laura's flute performances and teaching have taken her from New Zealand to the Yukon. Now based in Vancouver, she balances her musical activities with writing fiction and theatre, as well as running Instruments of Change, a non-profit which brings community art to prisons, shelters, hospices and schools.

