

# JUNE 2020

MON

TUE

WED

THU

June 8, 4 PM  
**Beethoven's  
Last Quartet**

by Brian Manker

June 9, 4 PM  
**Workout: The  
Essentials**

with Catherine  
Bergeron

June 10, 4 PM  
**How Social  
Distancing Can  
Make You a More  
Informed Cellist**

by Natasha Brofsky

June 15, 4 PM  
**Making the  
Most of Your  
Practice Time**

by William van der  
Sloot

June 16, 4 PM  
**Workout:  
Deep Muscle  
Strengthening and  
Stretching**

with Catherine  
Bergeron

June 17, 7 PM  
**Quiz Night!**

with Gaspard  
Tanguay-Labrosse

June 22, 4 PM  
**The Life of an  
Orchestra  
Musician**

by Ali Yazdanfar

June 23, 4 PM  
**Workout: HIIT  
Training**

with Catherine  
Bergeron

June 24, 4 PM  
**Finding Your  
Path & Recital  
and Concerto  
Preparation**

by James Campbell

June 29, 4 PM  
**Piano Trio  
101 - the Basics  
of Playing in an  
Ensemble**

by the Gryphon Trio

June 30, 4 PM  
**Workout: The  
Essentials**

with Catherine  
Bergeron

July 1  
**Holiday:  
Happy  
Canada Day!**



July 2, 4 PM  
**Bow Techniques  
and Ergonomics**

by Andrew Raciti

## Lectures and activities

### Subjects

About Music  
Fitness and Health  
Leisure and  
Lifestyle



ORFORD  
MUSIC

# JULY 2020

MON

TUE

WED

THU

July 6, 12 PM  
**R. Schumann and  
H. Heine -  
Romantic Irony in  
the Lied**  
by Christian Immler

July 7, 4 PM  
**Workout:  
Deep Muscle  
Strengthening and  
Stretching**  
with Catherine  
Bergeron

July 8, 4 PM  
**Grant Application  
for Musicians:  
How to Write a  
Convincing  
Request**  
by Clément Topping

July 9, 4 PM  
**What Makes a  
Compelling  
Performance?**  
by Sooyun Kim

July 13, 4 PM  
**Round-table  
on Being a  
Collaborative  
Pianist**  
with L. Upchurch &  
F. Perron

July 14, 4 PM  
**How to Prevent  
and Get Over  
Injuries**  
by Mark Shannon

July 15, 4 PM  
**Why and How to  
Maintain a Good  
Sleep**  
by Dr. Aurore Perrault

July 16, 12 PM  
**Importance of  
Psychological  
Preparation**  
by Ronan O'Hora  
4 PM **Theory for  
Performers**  
by the Gryphon Trio

July 20  
4 PM **Ornaments in  
J.S. Bach's Works**  
by Luc Beauséjour  
7 PM **The First Hour  
and the Cello Emoji**  
by Amit Peled

July 21, 4 PM  
**Workout: HIIT  
Training**  
with Catherine  
Bergeron

July 22, 7 PM  
**Quiz Night!**  
with Gaspard  
Tanguay-Labrosse

July 23, 4 PM  
**Fauré: A  
Neglected  
Master**  
by Stéphane Lemelin

July 27, 12 PM  
**On Being a  
Concertmaster**  
by Noah Bendix

July 28, 4 PM  
**Workout: The  
Essentials**  
with Catherine  
Bergeron

July 29, 4 PM  
**Recording and  
Video Editing**  
by Liz Ames

July 30, 4 PM  
**Healthy  
Practice  
Habits**  
by Yoheved  
Kaplinsky

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# AUGUST 2020

**MON**

August 3, 4 PM  
**Visualisation,  
Meditation and  
Mindfulness** (in  
French)  
by Victor Fournelle-  
Blain

**TUE**

August 4, 4 PM  
**Workout:  
Deep Muscle  
Strengthening and  
Stretching**  
with Catherine  
Bergeron

**WED**

August 5, 4 PM  
**Nutrition 101:  
Impacts on Your  
Energy and  
Concentration  
Level**  
by Équipe Nutrition

**THU**

August 6, 4 PM  
**Bach's Works  
for Solo Violin:  
10 Dos and  
Don'ts**  
by Mark Kaplan

August 10, 4 PM  
**Using  
Improvisation as  
a Tool for Music  
Making**  
by Anders Astrand

August 11, 4 PM  
**Workout: HIIT  
Training**  
with Catherine  
Bergeron

August 12, 7 PM  
**Quiz Night!**  
with Gaspard  
Tanguay-Labrosse

August 13, 4 PM  
**Networking and  
Time  
Management for  
Musicians**  
by Sharon Wei

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