

HMDK IN COOPERATION
WITH KAPFENBURG CASTLE

healthy playing –

Health management
for students

MUSIC PHYSIOLOGY
IN PRACTICE

06.–08. MARCH 2026

SEMINAR ON KAPFENBURG CASTLE

Invited are all

String players

The seminar is for free.

TOPICS

Specific string player questions like: independence of the hands, consciousness of fine motorical activities | adjustment of the instrument (shoulder rest, chin holder, length of cello spike etc.) | disposed standing and sitting | warm up - cool down before/after practising | dealing with stress and stage fright | breathing | self-confidence | recreation, regeneration and breaks | short meditation | naturelness | easyness | questions from the participants

DURATION

from Friday 6th march 2026 12:00
till Sunday 8th march 2026 after lunch

COSTS

for free (except travel costs and, if necessary, cancellation fees)

LOCATION

cultural center Kapfenburg Castle
73466 Lauchheim, www.schloss-kapfenburg.de

DIRECTION

Simone Riniker Maier (Methodology/ Didactics Violin/ Viola HMDK, Violin Teacher Stuttgart Music School),
Alexandra Müller (music physiology, musicians health, director SGM)

APPLICATION AS SOON AS POSSIBLE as number of participants restricted, **DEADLINE: 06.02.2026**

under: info@mareike-riegert.com

I hereby register bindingly for the course at Kapfenburg Castle from 06.03. to 08.03.2026.

date: name: email: signature:

Cancellation conditions (exception: medical certificate):

Total course fee: 184 €

thereof 25 % (46 €) in case of cancellation until 22.02.2026 | 50 % (92 €) in case of cancellation until 27.02.2026

100 % (184 €) in case of cancellation after 27.02.2026