

THE SINGER'S GYM

vitality : spontaneity : connection

THE NERVES WORKSHOP

Every singer experiences “butterflies.” But when the butterflies become flying fire-breathing dragons your performance really suffers.

Join Performance Psychologist Ben Bernstein (aka “Dr. B”) for this four part workshop and learn how to keep your nerves at just the right level so you can perform at your best.

There is a scientific relationship between stress and performance. When stress gets too high it drags your performance down. You feel like you’re treading water to keep from drowning. You know you can sing better than this! You did it in your lessons. Now you’re starting to go under. You can’t possibly sing at your best. In an audition or performance this feels like you’re dying.

In over 40 years of working with performers of all levels (from the Metropolitan Opera to the San Francisco Conservatory of Music), Dr. B has perfected a training model that you will learn in these four sessions. The author of four books on how stress affects performance, Dr. B conducts workshops worldwide. To learn more about him, visit his [website](#).

Dr. B’s model is based on the 3-legged stool: one leg each for body, mind, and spirit. When all three legs are equally strong, you have a very sturdy platform for your performance. When one of the legs starts to slip the whole thing (meaning “you”) become unstable, wobbly, and you can’t perform at your best.

In this workshop you will learn how to stay calm (body), confident (mind) and focused (spirit)—by becoming aware when you are slipping in any one of the “legs” and how to use the nine tools (there are only 9) for keeping all the legs strong and sturdy.

WHEN and WHERE

The workshop will be held on four Saturdays: July 9, 16, 23, August 6, 2022 from 9a-10a PST, over Zoom.

APPLYING

Eight singers will be chosen to participate. To apply, please send a letter of interest to thesingersgym@gmail.com, along with a current resume. Application deadline is June 9, 2022.

COST

\$325. Some scholarship funds are available. To inquire email thesingersgym@gmail.com

QUESTIONS?

Email thesingersgym@gmail.com.

“I love to sing, but was always seized by nerves, sometimes—even during performances—I forgot what I was singing! Auditions were continually disappointing—I was just too nervous. Before I took this workshop I had no idea how experienced and talented Dr. B is. The guy is undaunted! You will learn so much in this workshop. I certainly did.”

Dan R, Tenor