

AUSTA WA
PRESENTS



HEALING STAGE FRIGHT

with Rupert Guenther



Stage-fright is a big issue for some people, and a significant issue for many. If you do get really nervous to the extent that you can't express yourself or share and enjoy what you really love about music in your performances, this 90 m online Zoom session will enable you to begin to heal your fears around performing, and regain your original inspiration for taking up music in the first place. You will learn practical on-the-spot approaches which will change your whole experience of playing in public, and dissolve the old patterns which caused you to feel anxiety instead of joy. Includes specific take-home techniques and practical tools for on-stage use in even the most demanding performances. Open to all levels, all instruments and voice.

SUNDAY May 15

1pm WA 3pm AEST

RECORDING AVAILABLE AFTERWARDS FOR

ALL REGISTRANTS

MORE INFO & BOOKING:

<https://www.trybooking.com/BZBAA>

