



I. Elizabeth Coleman

Mindfulness and Guitar Playing and Performance for the Amateur and the Professional

As we return to the stage or to playing for family and friends after this challenging year, mindfulness can help ease the transition and enhance both the quality of our playing and our enjoyment of practice and performance. In this hands-on session, we will practice and discuss mindfulness techniques for the classical guitarist.

A poet, attorney and environmental advocate, Elizabeth J. Coleman has taught mindful meditation and mindfulness for over 15 years. She has worked with attorneys and many others to address issues of anxiety in making presentations or performing in various settings and has taught day-long sessions on mindfulness and creativity at the Manhattan Jewish Community Center.

An amateur guitarist, Elizabeth is a long-time member of the New York City Classical Guitar Society. She regularly performs guitar at the Memorial Sloane Kettering Cancer Centers in Manhattan and in New Jersey and through the New York Bar Association Chamber Music Association. Elizabeth can be visited on the web at ElizabethJColeman.com.

II. Open Mic

Tom McNamara

Estudio Sencillo No. 6

Allegretto in A minor, Op. 51, No. 15

Allemande and Bourree from Lute Suite in E minor, BWV 996

Leo Brouwer (b. 1939)

Mauro Giuliani (1781–1829)

Johann Sebastian Bach (1685–1750)

Patricio Muñoz Quezada

Improvisación al Pasar

Fernando García Arancibia (b. 1930)

Joe Koltisko

Sunburst

Andrew York (b. 1958)

Thomas Milloto

Suite No. 1 in A Minor, Op. 1

1. Prelude

5. Gigue

Thomas Milloto