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# *PLAYING WITH EASE*

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International Masterclasses and Music Health  
Camp

Sanja Romić



30 June-7 July 2018.  
Andrevlje, Serbia

WHO ARE WE

**ABOUT US****HOW TO ACHIEVE EASINESS OF PLAYING THE INSTRUMENT AND HAPPILY WALK THE PATH OF A PROFESSIONAL MUSICIAN**

Our goal is to reach an optimal instrument playing technique. What is the process hidden behind the public performance, health care for musicians, techniques and methods of mental preparation, body techniques that help us achieve our full potential during the performance?

**MUSIC, CREATIVITY, INNOVATIONS, KNOWLEDGE, NATURE, FRIENDSHIP, SUPPORT. WE TEACH YOU HOW TO SUPPORT ART WITHIN YOURSELF**

Playing with Ease is an innovative concept of musical development for students, teachers and active musicians. Using her own personal music career and experience as an active concert musician and university professor, oboist Sanja Romic initiated the creation of this concept. Surrounded by nature, camp offers instrumental masterclasses in combination with body and mind techniques. All this experience also includes practical performance situations.

WHAT WE DO

## INSTRUMENTAL MASTERCLASSES

## Oboe



Sanja Romić (Serbia) is a principal oboist of the Belgrade Philharmonic orchestra and docent for the orchestral studies at the Academy of Music in Novi Sad. She studied in Budapest and Salzburg as a holder of the Soros Foundation scholarship. She held solo oboe position of the SNG opera in ballet Ljubljana. Sanja is active as a soloist, chamber musician and orchestra player, touring Europe, America and Asia. As a soloist she worked with the Macedonian Philharmonic orchestra, Belgrade Philharmonic orchestra, Erdody chamber orchestra, Salzburg Kammerphilharmonie, Slovene Army band, Zagreb Soloists, tamboura orchestra Dobrec in Slovenia. She is a member of the wind quintet »Ventus« from Salzburg and modern music ensemble »Gradiliste« from Serbia. Since her return to Serbia, she has been promoting the oboe. She has released a CD called »Melodies of Nations«. As an active concert soloist, she searched for the easiness of playing, with the focus on musician's health. This quest resulted in her unique Music Health Camp, Playing with Ease in Serbia. At the masterclass we will work on systematic oboe technique, articulation, reed making and we will cover oboe repertoire from baroque to modern music, orchestral solos and preparation for auditions.

## Flute



Matej Zupan (Slovenia) is professor at the Academy of Music at the University of Ljubljana. From 1996 to 2008 he was the principal flutist of the Slovenian National Radio Symphony Orchestra. He is a member of the ARIART Woodwind Quintet, the ACADEMIA ARS MUSICAE chamber Orchestra, Ensemble for Contemporary music MD7 and Chamber Orchestra of Soloists (Society of Slovene Composers). As a soloist he performed extensively throughout Slovenia, Europe, both Americas and Asia. From 2010 to 2015 he was the president of Jeunesses Musicales Slovenia. He has recorded for Slovenian Radio and TV, RAI and ORF. Masterclass will cover flute repertoire from baroque to modern music, flute ensemble and orchestral solos.



## Violoncello



Milan Vrsajkov (Serbia/Germany) is the principal cellist of the Deutsche Kammerakademie in Neuss. Since 1995 he has been a member of the Camerata Salzburg, under the artistic direction of Sandor Vegh and later Sir Roger Norrington. Milan actively performs as a soloist and chamber musician all over the world. As a soloist he has appeared with orchestras like: The Deutsche Kammerakademie Neuss, The Georgian Chamber Orchestra Ingolstadt, Slovenian Radio Symphony Orchestra, Macedonian Philharmonic Orchestra, Il Terzo Suono and others. He works with accomplished musicians such as Sergio Azzolini, Christophe Coin, Guiliano Carmignola, Vladimir Mendelssohn and others, in various chamber ensembles. He has recorded for ORF, ZDF, Koncertzender Amsterdam, RTV Slovenija, Radio France. As of 2002 he is the programme director and co-founder of the Tartini Festival in Piran and the baroque ensemble "Il Terzo Suono". From 2006 until 2014 he worked as a professor at the Conservatory for Music and Ballet in Ljubljana. Masterclass consists of cello repertoire with a focus on baroque repertoire and orchestral solos.

## Violin



Benjamin Ziervogel (Austria) is the 1st concertmaster of the RTV Symphony Orchestra Slovenia. Since 2013 he has been a guest concertmaster of the China National Symphony Orchestra. As a soloist and concertmaster he played with orchestras such as RTV Slovenian Symphony, Carinthian Symphony, Linz Bruckner orchestra, China National Symphony, Bern Symphony orchestra, Camerata Hamburg, Yamanashi Symphony, Pannonic Philharmonic orchestra and the Orchestre de Picardie Amiens. He is the 1st violinist of one of today's leading string quartet, the Acies String Quartet. Either as a soloist or being part of quartet, Benjamin has been awarded with many national and international prizes. He cooperated also with soloists of Vienna Philharmonics for the occasion of performance of the Schubert's octet. Benjamin plays a DOMINICUS MONTAGNANA violin made in 1727, an exceptional instrument generously loaned to him by the „Austrian National Bank“. Masterclass covers solo violin repertoire, quartet, trio and orchestral solos.

WHAT WE DO

# BODY & MIND TECHNIQUES



ALEXANDER TECHNIQUE is a postural reeducation method that teaches us how to use our body with increased efficiency and reduction of unnecessary tensions and engagement. By using this method, one can achieve physical, mental and emotional balance and gain tools to recognize and prevent bad use of human body. We will work on postural reeducation, movement improvement and position, and strengthening the unity with our instruments.

YOGA exercises are providing relief from the muscular and mental tensions after several hours of practice. Breathing and deep relaxation techniques significantly reduce stress. Body is renewed, harmonization of all body functions is established. Yoga practice strengthens concentration, as well as active and passive attention, which is extremely important during performance.







**5RHYTHM METHOD** gives musicians a map-path to become aware of their body, the tensions, the parts of the body that are moving a lot and parts that are not moving at all. Freeing our movement and letting go of the tension, effort, prejudice, criticism and everything that keeps us restricted, we begin to experience freedom- freedom to feel ourselves and our inner sensations, freedom to express ourselves. Only then the chances for creativity, inspiration, improvisation and play are open, leading us to the high level of art performance.



**IMPROVISATION FOR MUSICIANS** is a creation within the moment. Music improvisation puts together all the knowledge and skills of handling instrument we are playing, along with child's playfulness and joy in the present moment. It activates our whole body and mind, and offers a special way of communication with inner self and the world around us. It strengthens musician's technique, develops musical ear, teaches us about patience and brings consciousness of group music playing. Through series of assembled exercises, musicians will have an opportunity to experience free improvisation potential and enrich their everyday musical expression.

### PSYCHOLOGICAL

**WORKSHOP** will teach you about mental preparation and how to bring yourself into the state that allows the best performance and results even when you are having a "bad day". Furthermore, it will show you how to successfully remove stage fright and how to motivate yourself during "difficult" periods of your career. You will discover new ways of being mentally ready for the biggest concerts and will make your performance as good as the one when you practice on your own.



Application form and all additional information regarding Playing With Ease 2018 can be found on our web page. Follow us on Facebook!

[www.playingwithease.sanjaromic.com](http://www.playingwithease.sanjaromic.com)



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