






20 Art in Motion 25

Friday, May 16 – University of Music and Theatre Munich			
9:00	Opening Ceremony	Wolfram Winkel & Ensemble Adina Mornell, Symposium Organizer HMTM 	Musical Introduction and Welcome
9:15	Keynote	Katharina Schulze Parliamentary Group Alliance 90/ The Greens 	Creating Good and Staying Sane in Today's Crazy World: How Change can be Achieved Together
10:00	Coffee & Tea Break		
10:30	Presentation I	Johannes Lunde Hatfield Inland Norway University of Applied Sciences 	Determinants of Peak Performance in Sports and Music
11:15	Presentation II	Beatriz Ilari University of Southern California 	Music Learning, Resilience and Thriving: Stories by Musicians from the Margins
12:00	Presentation III	Sinan von Stietencron Foundation Art and Nature 	Learning from Nature: Permaculture Principles as a Design Manual for Society and Culture
12:30	Transfer to Foundation Art & Nature, Nantesbuch, Bad Heilbrunn		
13:30	Excursion	Sinan von Stietencron Foundation Art and Nature 	Welcome to Nantesbuch: Synthesis of Art and Nature
15:00	Presentation IV	Tadhg MacIntyre (Cassandra Murphy) National University of Ireland Mayooth 	Nature Moves: The Paradox of Green Exercise in Virtual and Non-Virtual Settings
15:45	Presentation IV	Nina Kruse kbo Hospital, Munich 	Civil Societies Driving for Change – Let's Find the Groove in Global Health
16:30	Workshop Session A	Bettina Bläsing Bielefeld University 	Touching Nature Touching Us. Multisensory Explorations, Inter-actions and Improvisations
		Klaus Rom Department of Sports Sciences, Karl-Franzens-University Graz 	Your Dragon's Helping Hands: How to Not Get Lost on Your Personal Trajectory
17:15	Lecture-Demonstration	Asaf Bachrach Centre national de la recherche scientifique 	Flourishing in the Contact Zone
18:00	Lecture-Demonstration	Costas Karageorghis Brunel University of London  With Holger Geschwindner & Christian Benning 	Groovy Kind of Dunk: Exploring the Power of Rhythm in Elite Basketball
18:45	Dinner Break		
19:30	Event	<i>Sounding Out Nature</i> in Three Acts Music, Dance, Basketball & Nature	I. The Beat in the Ball; II. The Beat in the Plant; III. The Beat in Us

THE DRIVE TO THRIVE

Saturday May 17 University of Music and Theatre Munich			
8:30	Workshop Session B	Frank Heuser University of Calif. Los Angeles 	Life-Long Learning: Thriving Through Dialogue
		László Stachó Liszt Academy of Music, Budapest 	Thriving in the Practice Room by Training Musical Attention
		Oliver Margulies, Ulrike Wohlwender & Silvia Molan ZHdK Zurich  HMDK Stuttgart 	Potentials Unlocked: Science-based Approaches for Instrumentalists' Hands to Thrive
9:30	Musical Interlude and Welcoming Remarks from HMTM President Lydia Grün		
9:45	Presentation VI	Margaret Osborne Melbourne School of Psychological Sciences 	Strengthening the Drive to Thrive with the Wisdom and Courage of Self-compassion
10:30	Coffee & Tea Break		
11:00	Presentation VII	Veronika Lubert Lucerne University of Applied Sciences and Arts 	Nature's Blueprint for Success: Clever Goal Setting and Thriving in the Performing Arts
11:45	Presentation VIII	Chia-Jung Tsay Univ. of Oxford & Univ. College London  ; Univ. of Madison 	Passion Beyond Work: Elite Musicians Thriving as Working Professionals Outside of Music
12:30	Presentation IX	Reinhard Kopiez Hanover University of Music and Drama 	The Eyes Listen Too: Enhancing Live Performance With Compelling Instrumental Techniques
13:15	Poster Session		
14:45	Workshop Session C	Graham Fitch London 	Detecting Practice Optimization Opportunities
		Noa Kageyama The Juilliard School 	Turning Practice Up to 11
		Bettina Hafner Technical University Munich 	Conquering Challenges – Mental Techniques for Difficult Situations
15:30	Presentation X	Raluca Matei Peabody Institute, Johns Hopkins 	Global Guidelines for Health and Mental Well-Being in Music Training
16:15	Presentation XI	Mathias Bertsch University of Music and Performing Arts Vienna  + 	Fine-Tuning the Future: Addressing Physiological and Psychological Needs in Young Orchestral Musicians (EU-funded project)
17:00	Presentation XII	Jane Ginsborg, Sarah Upjohn & Susanna Cohen RNCM, Manchester 	How Musicians Thrive and Flourish: Healthy Music Making Through the Life Course
17:45	Closing Ceremony	Adina Mornell HMTM Munich 	Concluding remarks, poster prize, musical finale
18:00	End of Symposium		