



SCHEDULE

III International Cello Academy

Nysa 2016

27.07.2016 wednesday		08.00 – 14.00	Registration - Diocesan Formation House (DDF)
	🍴	14.00	Lunch
		15.00	Official Opening of 3rd International Cello Academy (PSM concert hall)
		16.00 – 17.15	Individual quartets rehearsals / lecturers - rehearsal
		17.30 – 19.00	Cello Academy Orchestra (practising a program in groups)
	🍴	19.30	Dinner
		21.00	Party
28.07.2016 thursday	🍴	08.00 – 10.00	Breakfast
		10.00	Lessons
		11.00	Lessons
		12.15 – 14.00	Cello Academy Orchestra (practising a program in groups)
	🍴	14.30	Lunch
		15.30	Lessons
		16.30	Lessons
	🍴	18.00	Dinner
	19.00	Opening Concert - Polish Cello Quartet (Nysa City Museum)	

29.07.2016

friday

🍴	08.00 – 10.00	Breakfast
	10.00	Lessons
	11.00	Lessons
	12.15	Lecture <i>The essential warm-up routine for cellists</i> – Mats Lidström
🍴	14.30	Lunch
	15.30 – 17.30	Cello Academy Orchestra
🍴	18.00	Dinner
	19.00	Lessons
	20.00	Lessons

30.07.2016

saturday

🍴	08.00 – 10.00	Breakfast
	09:00	Lessons
	10.00	Lessons
	11.00	Lessons
	12.00 – 13.30	Individual rehearsals in quartets
🍴	13.30	Lunch
	15.00	Chamber Concert - lecturers with pianists (PSM concert hall)
🍴	18.00	Dinner
	19.00 – 21.00	Cello Academy Orchestra

31.07.2016

sunday

🍴	08.00 – 10.00	Breakfast
	10.00 – 12.00	Cello Academy Orchestra
	13.00	Webinar <i>How to exploit fully the potential of the body during practise and performance, which is: what the cellists should know about their body? (part I)</i> - Jadwiga Śmieszchalska
🍴	14.30	Lunch
	16.30	Football match
🍴	19.30	Dinner and evening of improvisation



Special Guest

My name is **Jadwiga (Isia) Śmieszchalska**, I'm a musician and tutor of physical and mental preparation for musical practice.

I specialize in prevention of musicians' health and solution of problems associated with musical practice.

By employing modern methods of instrumental and vocal training, specialised exercises, therapeutic massage, elements of somatic education and coaching, I'm helping musicians in:

- prevention of professional affections faster recovery
- optimization of playing technique at the instrument, respecting the body's bio-mechanics
- physical and mental preparation for competitions, exams and tours.

01.08.2016

monday

🍴	08.00 – 10.00	Breakfast
	09:00	Lessons
	10.00	Lessons
	11.00	Lessons
	12.15	Lessons
	13.15	Lessons
🍴	14.30	Lunch
	15.00	Trip to the lake
	19.00	Return to DDF
🍴	19.30	Dinner
	20.00 – 21.30	Cello Academy Orchestra

02.08.2016

tuesday

🍴	08.00 – 10.00	Breakfast
	09:00	Lessons
	10.00 – 12.00	Cello Academy Orchestra
	12.15	Lessons
	13.15	Lessons
🍴	14.30	Lunch
	15.30 – 17.30	Rehearsals
	18.00	Concert „Dancing Cellos” - lecturers and students of ICA (Courtyard of Nysa City Museum)
🍴	20.00	Dinner

03.08.2016

wednesday

🍴	08.00 – 10.00	Breakfast
	09:00	Lessons
	10.00	Lessons
	11.00	Lessons
🍴	12.15	Lunch
	13.00	Departure to Wrocław
	15.30 – 17.30	Rehearsal
	19.00	Concert at National Forum of Music - lecturers and Cello Academy Orchestra
	21.30	Departure to Nysa

04.08.2016 thursday	🍴	08.00 – 10.00	Breakfast
		10.00	Lessons
		11.00	Lessons
		12.00	Lessons
		13.15	Webinar <i>How to exploit fully the potential of the body during practise and performance, which is: what the cellists should know about their body? (part II) - Jadwiga Śmieszchalska</i>
	🍴	14.30	Lunch
		16.00	Lessons
		17.00	Lessons
	🍴	18.30	Dinner
		20.00 – 21.30	J.S. Bach Suites in the Church
05.08.2016 friday	🍴	08.00 – 10.00	Breakfast
		10.00	Lessons
		11.00	Lessons
	🍴	12.30	Lunch
		14.00 – 17.00	Acoustic rehearsal of orchestra/quartets at NDK
		18.00	Final Concert of 3rd International Cello Academy - Quartets and Cello Academy Orchestra (NDK Nysa)
	🍴	21.30	Dinner
06.08.2016 saturday	🍴	09.00 – 10.00	Breakfast
		10.00	Lessons
		11.00	Lessons
		12.15	Lessons
		13.15	Lessons
	🍴	14.30	Lunch
		16.00	Official Closing of 3rd International Cello Academy (PSM concert hall)