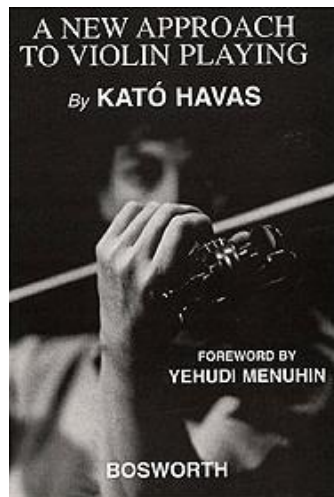

*“Miss Havas is original in her approach to the violin [& viola] playing because she insists that **technique must be reducible to basic motions** involving more than the fingertips”*

Sir Yehudi Menuhin



*“Dear Kató Havas, I would like... to congratulate you on your book Stage Fright... It is the **most realistic and practical approach** imaginable... it should be **worth its weight in gold** to every student and many a performer.”*

Sir Yehudi Menuhin

From the preface to Kató Havas' books



RELEASE YOUR FULL MUSICAL POTENTIAL

**Solutions to stage fright, aches
and pains and tendonitis
caused by
VIOLIN and VIOLA
playing**

Workshop based on the principles of
the New Approach to string playing
developed by Kató Havas OBE

5-6-7 Sept. 2013,
St Edmund's Hall, Oxford

For more information and to register,
visit:

www.monicacuneo.com/workshop2013

Send an email to
viola@monicacuneo.com or
call 07985 025129

What if you could play
without aches and pains?

What if you could play in a new way,
easier, more enjoyable, relaxed and natural?

What if you could play **without worrying** about the
emotional impact with your audience?

Many players spend years suffering because of **aches and pains** and even **tendonitis** in their arms, neck, shoulders, back, wrists, hands, carpal tunnel syndrome etc.; they stop playing and start again, some even undergo operations and then stop playing altogether, not to mention **emotional tension**... All these limit their expression

It's really a shame because **it is possible to eliminate tendonitis** and other nuisances that afflict players, in a very simple way, knowing the correct movements to do while playing: simple things that could help you **improve your tone** instantly, increase your **ease**, your agility in playing also **by heart, eliminate insecurity** and therefore anxiety, **stage fright**.

**RELEASE YOUR
FULL MUSICAL POTENTIAL**

**EXPRESS YOURSELF FREELY THROUGH
MUSIC**

Find out how to eliminate tendonitis, tensions and aches and pains caused by playing violin, and even more, viola and other instruments.

Spend three days in a friendly, serene, involving atmosphere, learn a practical and immediate way: you'll be able to discover the revolutionary "secrets" of the **NEW APPROACH** to violin and viola.

The workshop is run by **Monica Cuneo** and **Caroline Duffner**, experienced professional viola and violin players and teachers who studied many years with Kató Havas.

Caroline Duffner is Kató Havas' representative in Austria; Monica Cuneo translated into Italian three books by Kató Havas and is Kató Havas' representative for violas in the UK.



Caroline Duffner, Kató Havas
and Monica Cuneo after a concert

**Kató Havas will be giving a presentation on
"Stage Fright" at ESTA conference in Oxford
on 1st September, before this course**

*"I have every confidence that Caroline Duffner, violin, and Monica Cuneo, viola, can continue my Summer School at St. Edmund Hall, Oxford. Both have studied with me many years and are very experienced New Approach teachers as well as accomplished performers.
Kato Havas"*

Come to the workshop from **5th to 7th September 2013** in the beautiful college **St Edmund's Hall**, Queen's Lane, Oxford OX1 4AR



Article on the workshop appeared last year on
The Oxford Times

Accommodation and meals available at the college or in town

The **workshop is open to everybody**, especially string players, in particular violinists and violists, teachers, students, professionals, amateurs.

For more information and to register visit:

www.moniacuneo.com/workshop2013

Send an email to viola@moniacuneo.com or call (+44) (0)7985 025129