



What happens when musicians are nervous during a performance or practice?

We focus on playing the right notes and achieving all that has already been studied, but at the same time, our minds can be distracted by other self-demanding and intrusive thoughts. As a result, this over-thinking and fears such as stage fright can produce stress which in turn causes overall body tension and sometimes even muscular contractions and agitated or blocked breathing. So flowing with the music becomes challenging!

DYR Experience is a proposal for musicians to connect with music through their body, thus activating the expression of their essence freely, showing the most spontaneous and natural layers of their being, and implementing the technical work. We will explore our ability to move, enhancing our body language and, consequently, our musical expression. I bring you another way to learn your repertoire, this time from another perspective. An innovative teaching method, much less analytical and more sensitive.

DYR Experience's vision is to create the best version of musicians by finding the balance between DOING and BEING, THINKING and FEELING, and achieving a high-quality performance from, by, and for enjoyment!

DYR Experience combines meditation, dance, and exercises of Integrative Body Therapy, a system of self-knowledge and transformation that integrates the different aspects of the human being: mental, emotional, corporal, and energetic. Through guided exercises, the participants will explore how their body feels different aspects of music, such as dynamics, rhythms, and phrasing. Experiencing the dance of their repertoire will give them connection with their being, with their emotions putting them at the service of music and technical work done previously, thus creating a symbiosis that will enhance the performance.

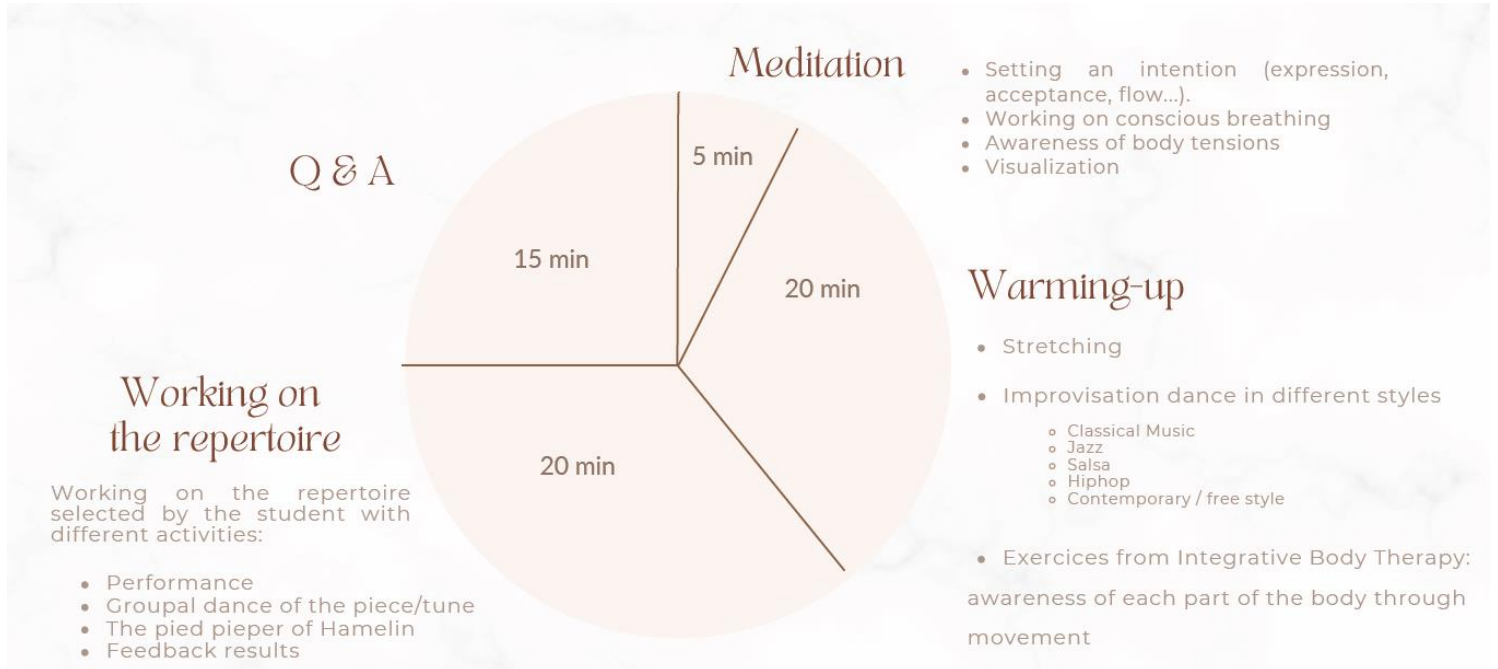




AEC Pop and Jazz Platform 2024



This module is aimed at musicians who wish to grow their skills regarding musical expression through body language and make their performance authentic. Becoming aware of our emotions, breathing, and gestures is essential in reaching the musician's goal: feeling the music, being moved ourselves, and transmitting this to the audience, allowing us to show our essence and enjoy!



Bea Galán (1990) started her classical piano studies at the Professional Conservatory of Palma de Mallorca, graduating with an Honor Award for Chamber Music. Then, she studied for a Bachelor's Degree specializing in contemporary music in Musikene, the High School of Music of the Basque Country. In June 2021, Bea completed her Master of Music **Cum Laude** at the Prins Claus Conservatorium in Groningen, The Netherlands.



Bea has participated in several piano competitions winning the 3rd prize in the piano category at the 1st International Piano Competition "Vila de Capdepera" (2001), at the



AEC Pop and Jazz Platform 2024



7th International Piano competition "Ciutat de Mallorca" (2003) and being finalist of the prestigious Grachtenfestival Conservatorium Concours in Amsterdam (2021).

She has played piano recitals in cities in Spain such as Mallorca, Cieza, San Javier, Zaragoza, Almeria, San Sebastian, Bilbao, Madrid, Valencia. In France, Castillonès, Le Prieuré Le Mesnil Saint Martin (Villereal) and in The Netherlands, Groningen, Leiden.

Bea has received advice from distinguished pianists and pedagogues such as Andrzej Jasinski, Leonid Sintsev, David Kuyken, Marta Zabaleta, Igor Roma, and Roberto Bravo, among many others.

For years, she had in mind the idea of merging the two genres that accompanied her throughout her life by researching classical piano repertoire with Jazz influences. Her purpose is to spread this relatively unknown repertoire and give classical pianists tools to transfer the essence of Jazz style into classical piano repertoire with Jazz idioms. She has presented her project **Classics meet Jazz** in the ninth edition of AEC European Platform for Artistic Research in Music at the Royal Academy of Music in London (2022), in the RAPP Lab at Hochschule für Musik und Tanz in Köln (2023), and she has been invited by the Dutch radio, broadcasting live at Stadsgehoorzaal in Leiden for the program **De Tienen Van Nederland** and **De Klassieken**, NPO Radio4, among other festivals and concerts.

"It was during my Master's studies, researching how to transfer the essence of Jazz to the classical piano repertoire, that I developed what would end up being D.Y.R. Experience. Dancing, I connected with my repertoire from another point of view, this time much less analytical and self-demanding. This perspective perfectly complemented the analysis of the work, technical practice, memorization, etc. I was uniting mind, soul, heart, and body, so it made me feel like expressing it most spontaneously and naturally. It was a very enjoyable and rewarding process to see how I overcame my fears and dared to express everything I felt and could not communicate before"

Bea Galán is based in Groningen, where she teaches the elective **Dance Your Repertoire** for Bachelor and Master students (classical and Jazz) at Prins Claus Conservatorium, giving recitals, carrying out her project Classics meet Jazz, and as a private piano teacher.

Teaser Elective Dance Your Repertoire Prins Claus Conservatorium

