**Achieving Relaxation, Ease and Efficiency at the Piano**

One of Ireland’s leading pianists and teachers, Maria McGarry is a professor at the Royal Irish Academy of Music where her students are consistent prize-winners at national music competitions.

Following a tendinitis injury as a student, Maria studied with Yoheved Kaplinsky at the Juilliard School. Prof. Kaplinsky pioneers the use of Taubmann methods of technique which is fast becoming the preferred approach to piano playing in the US at present. These formative years led Maria to rethink her approach to technique to attain technical ease and relaxation at the instrument. In this seminar, Maria will share the principles of Taubmann technique and discuss her own personal approach in detail. She will also focus on injury prevention and avoidance of strain at the instrument.