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For musicians to attain the level of peak performance that they know is within their reach, they need to do more than spend time in the practice room. The most accomplished and healthiest musicians lead a balanced

and satisfying life in which they place equal emphasis on three areas of musicianship: physical technique (body); analysis and knowledge (mind); and musicianship and creativity (soul).

The Balanced Musician by Lesley Sisterhen McAllister

balanced musician integrating mind pdf In a bid to drive development of the local arts industry as well as raise awareness of the African television industry, The 5th Africa Television Market (Durban, 19-22 July 2018) will host the first of a series of

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