



One Week Music Intensive with Barbara Swetina

This course is intended for adults with little time, who want to have real results in music!

In the cozy music room in Baden, you will receive individual, customised training from Barbara Swetina. The experience will be based on the Music Train, a unique method that was developed by Barbara over the last 10 years. The Music Train method completely demystifies music and will help you understand music easily and quickly.

This holistic method is based on the latest findings in neuroscience that works with the elimination of stress for mind and body to enhance learning. You will have the experience that learning does not have to be dry or boring, but can be fun, relaxing and yet create tangible results in a very short time. Barbara will adapt the pace and method to your needs and your personal goals for this week.

By the end of this intensive course, you will be able f.i. on the piano, to

- Play simple tunes
- Accompany simple songs
- Play songs with both hands together
- Make up your own melodies
- Create your own rhythms
- Read and write basic music notation
- Understand basic music theory
- Master simple chords with in various keys
- Understand scales and play them in various keys
- Accompany yourself while singing

The experience of the joy, ease and real music making will be woven in to the program from the start, as Barbara plays rich musical accompaniments on various instruments while the student part is wonderfully easy.

Barbara works intuitively and creates pieces of music that specifically fit your ability at the current level. You will be able to build up confidence and motivation through quick successes and experience 'green zone learning', the fast, fun and brain effective way of making rapid progress.

The emphasis is on relaxing and having fun, while at the same training the whole brain through playing, reading and writing music. It's never too late to become a musician!

Practical information:

Duration: 6 days

Venue: Music Room, Kaiser Franz-Ring 43, 2500 Baden

Price: 800 - 1600 Euro (incl. VAT), depending on the number of participants

Included in the price is traditional Austrian lunch and coffee, tea or water during the breaks.

We will start the day at 9.30am. During the morning there will be 3 training-sessions lasting approx. 1 hour. In between there will be short breaks, where there is served coffee, tea, water and fruit. At 1pm there will be served lunch, traditional Austrian style, in the dining room, where Barbara's father and nurse will join.

The afternoon the music room is available for practice on your own. At 4:30pm we will meet to conclude the day and sing and play music together. The programme will end around 5:30pm

Baden is a small spa town 26 km south of Vienna. Baden is famous for its beneficial sulphurous mineral springs and has a cinema, where they show quality movies. There are a hotels in Baden in every price range. You can find more information here

<http://www.badenonline.at/en/tourismus/tourismus.html>

In Vienna evening program possible. There is a bus from Barbara's Home that takes you in 35 min. to the state Opera house in Vienna.

Preparations: No previous knowledge is necessary for this course. We would like you to consider your personal goals for this week and which instrument you want to focus on: Piano, guitar, recorder, flute, harp, accordeon. You can bring a simple song that you particularly like and that you would like to be able to play at the end of the week. We invite you to see this course as a time-out for your self, and encourage you to refrain from using your mobile phone and checking-mails during the day.



Barbara Swetina, born in Vienna, is a musician and an international music success coach. She plays many instruments, is a passionate teacher and claims that anyone can learn music, if they can count to 4 and tap their feet. Barbara has a talent to make learning fun and intriguingly easy, instilling a joy and passion for music in students of all ages.

