

## **Testimonial: Sharon Bourne**

I first came across Therese and the Taubman Approach to piano two weeks before sitting a challenging performance diploma. I had been experiencing a lot of pain in my wrists and shoulders and was also frustrated by passages in the repertoire that I was able to play some days and not others. I felt that I was capable of playing at a higher level and no amount of technical/exercise/ Hanon practice was helping!

Therese has been my Taubman teacher and mentor for approximately 4 years now. What is most satisfying about the Taubman Approach is the range of solutions to any musical, physical and mental difficulties experienced in repertoire. It has also helped my own piano students overcome difficulties and encourages students to take control of their own progress rather than being passive learners.

The Taubman Approach has allowed my playing and teaching to reach new and exciting levels. I am now able to play dream repertoire such as the Chopin Ballade in G minor. I have more facility at the instrument and a greater control of tone. I feel secure during the most difficult passages and know that I'll not only have 100% accuracy but also that I will have enough time to choose the tone I would like to produce. As a result of my lessons with Therese, my playing feels effortless and I no longer experience any pain or discomfort.

As a new mum, I have been experiencing tender wrists from constantly lifting and manoeuvring a rapidly growing baby boy. Therese applied the principles of Taubman (such as feeling the hand/forearm as one piece, no twisting or isolated thumb movements, feeling to the back of the forearm rather than gripping with fingers) to make baby management a pain free experience 😊

Sharon Bourne