

*Balance
in
Performance*



How often do you notice a difference between your needs as a musician and your needs as a private person? While one part of you wants to perform brilliantly, another might simply wish to sleep in. Even if the “temperamenti” of a composition align with your mood, a fresh mind and vital body can help you navigate more easily between the demanding roles of professional life.

***“Finding Physical Balance - Consciously”
Workshops from Aug 23rd to Aug 30th 2025
@ Shakespeare Room (basement of BSH)***

Silke invites you to join her workshops to explore and strengthen your mental and physical skills, such as

- Mindfully reconnecting with your body in a 30-minute morning workout (group session)
- Experiencing calmness of mind and body through a guided 20-minute muscle relaxation (group session)
- Enjoying the deep relaxation of a 30-minute massage treatment (individual sessions)

About Silke Dewath: She is a certified medical massage therapist and mental coach based in Vienna (silkedewath.at). After a demanding career in investment banking, she recognized the value of self-care and acquired tools to support a more mindful and sustainable pursuit of excellence. She believes that becoming aware of one's personal resources - and learning how to manage them under competitive pressure - is key to long-term success and well-being. She looks forward to welcoming you and sharing her experiences with you in her workshops!