

XI Curso Ricardo Gallén de Guitarra y Fisioterapia

From July 20 to 24 2023 Alboraya. Spain



This new edition of the **Guitar Course and Physiotherapy** takes up the basis of the project that was born back in 2009, in which the **Master Ricardo Gallén** teaches the master classes of guitar (technique and musical interpretation) supported by physiotherapists **Joaquín Mollà and Mercedes Cotolí**, who contribute with their ergonomic vision and sanitary to get a musical performance proper and natural. For Elementary or intermediate level

students, Maestro **Toni Cotolí** will also give individual guitar classes.

In addition to the individual guitar classes, workshops will be held, given by the different teachers of the course in which the mechanisms of the guitar technique will be worked on, whose purpose is to provide extra knowledge that complements the individual classes of the instrument playing with different possibilities.

Physiotherapists **Joaquín Mollà** and **Mercedes Cotolí** will teach the Modules of "Warming up and stretching for the musician", "Specific pathology workshop" as well as "Pilates for musicians" (each student, including listeners, will receive 2 pilates classes where the different parts of the body will be worked on).

The schedules of the Pilates classes and he Workshops will be defined at the beginning of the course within the Schedule established from 16 to 19 hours.

Days/Hours	Tuesday	Friday	Saturday	Sunday	Monday
	20	21	22	23	24
9:00-9:30	Course presentation	Stretching and warm-up module	Stretching and warm-up module	Stretching and warm-up module	Stretching and warm-up module
9:30-14:00	Individual Guitar Lessons	Individual Guitar Lessons	Individual Guitar Lessons	Individual Guitar Lessons	Individual Guitar Lessons
16:00-19:00	Pilates (**) Workshop	Pilates (**) Workshop	Pilates (**) Workshop		Closure of the Course and Delivery of Diplomas

(**) For Pilates classes you must bring comfortable clothes and a towel. This physical exercise is essential for musicians, as it helps improve motor control of movement, works on proprioception and posture. In addition, the course will give a series of specific stretching exercises to make the muscles more flexible and prevent injuries.

CONTACT: Toni Cotolí 650 321 431 / Manuel Adalid 629 290 505

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www.facebook.com/CursoRicardoGallen

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Ricardo Gallén is a distinguished guitarist with a continuously flourishing career. His inspiring and innovative interpretations place him on the top musicians, while his revolutionary and influential playing and teaching are the best proof of his quality.

“Immense creativity and virtuosity, which is sensed by just looking at his hands”, the words of **Maestro Leo Brouwer** raise Ricardo Gallén

to a level of mastery very rarely seen.

His rare combination of virtuosity and musicianship has captivated audiences around the world in solo recitals, duets or with orchestras in great concert halls such as the Royal Concertgebouw in Amsterdam, the National Auditorium in Madrid, the Tchaikovsky Hall in Moscow, the Palau de la Música Catalana in Barcelona, the Auer Hall in Indiana University and the Sibelius Academy in Helsinki among others.

Ricardo Gallén has performed numerous Premiers of world known composers and participated in several projects under the direction of important conductors such as Maximiano Valdes, En Shao, Juan José Mena, Monica Huggett, Leo Brouwer, Jordi Savall and Seirgiu Comisiona.

Ricardo has **won numerous awards in important music competitions** (Francisco Tárrega, Andrés Segovia, Markneukirchen among others) and held several teaching positions. In 2009 he received the honor of becoming one of the youngest musicians to obtain a professorship in the prestigious **University of Music “Franz Liszt” in Weimar**, Germany, a position that he holds until today.

Ricardo Gallén is being a jury member in several international guitar competitions and he is giving Master Classes with great response.

His recordings, since his very first album, receive sensational reviews. His last works of the Bach Complete Lute Works and Fernando Sor – Guitar Sonatas as well as his album En Silencio are being widely approved as masterpieces by the specialised press.

Recently he has been **awarded the Medal of Fine Arts by the Royal Academy of Fine Arts of Granada**, Spain.

www.ricardogallen.com

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Toni Cotolí

Graduated from the **Joaquín Superior Conservatory Rodrigo de Valencia**, at the music school **Luthier from Barcelona**, at the **Robert Schumann Hochschule in Düsseldorf** (Germany) and the **Master of Musical Interpretation at the University of Cáceres with Ricardo Gallen**. He currently works for two of the most important Spanish Guitar workshops of the sector, **Guitars Francisco Esteve and Guitars Juan Hernández**,

both located in the province of Valencia, where he is in charge of quality control and instrument adjustment. In addition, it exercises as a guitar teacher at the German School of Valencia. He has edited 8 CDs, titled “Toni Cotolí” (2003), “Entre Amigos” (2007), “Puesta de Sol” (2010), “Sueños” (2014) and “Aromas de Guitarra – Oda” (2015), “Rock Road” (2018), “Still Loving You” (2019) and “Music for the Age of Aquarius” (2021), which he has presented, in addition to Spain, in countries such as France, Switzerland, Germany, Italy, Portugal, England, the United States, Japan, China and the Emirates United Arabs.

www.tonicotoli.es

Sanat Fisioterapeutes

Joaquín Mollà and **Mercedes Cotolí**, connoisseurs of the technique of dance and musical practice, and of the high physical and psychological demands that they entail, use specialized physiotherapy treatments for these disciplines, and apply the different therapies of the same way that is done for a sportsman. They regularly collaborate with the Orchestra of the Palau de la Music of Valencia, with the Professional Conservatory of Danza de Valencia, the Utiel Conservatory, or the Orchestra Godella rope.



www.sanatfisio.com

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Bases of the Course and Enrollment:

- The Active Students of Professor Ricardo Gallén will receive 2 individual classes of 50 minutes, from 20 to 24 July.
- The Active Students of Professor Toni Cotolí will receive 2 individual classes of 50 minutes.
- You can also do 1 class with Ricardo Gallén and another with Toni Cotolí.
- Active and listening students will participate in all the activities of the course: Pilates, Stretching and Warm-up and Workshops.
- To register, it will be necessary to check the availability of places by getting in contact with the organization (via email or telephone). Once the place is confirmed, a account number will be sent to make the payment of the full cost of the course and a registration form to fill in with the student data.
- Seat reservations will not be made. The order of registration will correspond to the date of the entry and reception of the proof of payment via email.
- The registration deadline will be FRIDAY, July 15, 2022.

In the case of non-attendance to the course, no refund of the registration fee will be made.

- The course will be held at the Auditorio Municipal and at the Sociedad Musical de Alboraya.
- The Organization is not responsible for changes in the programm outside its control.
- The Organization will provide information on accommodation and travel to the participants.

TEACHERS	Course price (€)
Ricardo Gallén	300
Toni Cotolí	200
Ricardo Gallén + Toni Cotolí (1 class with each teacher)	260
Listeners	90



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