

# Sherrí Lee Fleshner, violist and RYT-200

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## **Education**

Bachelor of Music, Viola Performance, New England Conservatory of Music, Boston, MA, 2002

Master of Music, Viola Performance, Baylor University, Waco, TX, 2005

Registered Suzuki Training, Book I, Violin and Viola, 2005

200 Hour Teacher Training, Living Yoga, Austin, TX, 2013-2014

Specialty Trainings, Yoga Fit, Rochester, NY

Pre-Natal/Post- Partum, 2011

Therapeutic Back Care, 2012

Seniors, 2012

## **Presentations and Workshops**

American Viola Society Festival, Workshop, “Green Room Yoga: Using Pranayama and Balancing Asanas to Help with Performance Anxiety,” Oberlin College, June 9, 2016 (declined due to scheduling conflict)

21st Annual Mission Possible Conference: Best Practices for Healthy Outcomes, “Helping the Patient: Breathing Techniques and Mindfulness,” Invited Lecture, Stephen F. Austin State University, March 9, 2016

Lone Star College-Montgomery, Invited Workshop, “Movement Workshop,” November 6, 2015

Baylor University, Invited Workshop, “Yoga for Musicians,” September 28, 2015

Primrose International Viola Competition and Festival, Taught yoga class to competitors, Los Angeles, CA, June 10, 2014

Primrose International Viola Competition and Festival, Panel Discussion, “Yoga, Alexander, Body Awareness for Viola Teachers,” Los Angeles, CA, June 13, 2014

“Yoga for Musicians,” Morning Glory Yoga Studio, Nacogdoches, TX, April 1 and 3, 2014

## **Publications**

Guenther, Christina and Sherri Fleshner. "Injury Prevention and Strength Training for Flutists Through Yoga." *The Flute View*. <http://thefluteview.com/2015/06/injury-prevention-and-strength-training-for-flutists-through-yoga-by-christina-guenther-and-sherri-fleshner/>.

Fleshner, Sherri and Brad Meyer. "Using Yoga to Help Prevent Percussion Injuries." Percussive Arts Society's "Percussive Notes." March 2015. Vol. 53, No. 1. p. 58-60.

"Seated Viola Stretches." Video on American Viola Society Website. <http://www.americanviolasociety.org/>. 2014.

"Balancing Viola Poses." Video on American Viola Society Website. <http://www.americanviolasociety.org/>. 2014.

"Back Stretches for Violists." Video on American Viola Society Website. <http://www.americanviolasociety.org/>. 2014.

## **Teaching and Work Experience**

Stephen F. Austin State University, Adjunct Faculty, Nacogdoches, TX, 2013-present

- Aural Skills 1-4
- Theory 1 and 2
- Music Appreciation
- Chamber Music
- Wellness for Musicians
- Yoga

Morning Glory Yoga Studio, Yoga Teacher, Nacogdoches, TX, 2013-present

Advertising Editor, American Viola Society, 2014-2015

Cornell University, Visiting Lecturer of Viola, Ithaca, NY, 2012-2013

- Coached viola sectionals
- Organized and led viola chamber music

Kanack School of Music, Rochester, NY, 2006-2012

- Studio of 45-50 private violin and viola students
- Group class leader
- Orchestra conductor

Rochester Athletic Clubs, Yoga Teacher, Rochester, NY, 2011-2012

Baylor University, Waco, TX 2003-2005  
Teaching Assistantship  
Private viola and chamber music coach  
Private Viola Studio, Houston, TX and Waco, TX 2002-2005

Central Texas String Academy, Waco, TX, 2003-2004  
Private Suzuki violin and viola teacher

Klein Independent School District, Houston, TX, 2002-2003  
Assisted with the 5<sup>th</sup> grade strings program  
Coached viola sectionals at Klein High School

Baylor University Summer Music Camps, Waco, TX, 2000, 2001  
Coached chamber music  
Coached viola sectionals  
Viola teaching assistant  
Orchestra assistant

Youth Orchestra of San Antonio Music Camp, 2000- present  
Viola coach  
Taught music theory  
Coached chamber music

### **Orchestral Experience**

Shreveport Symphony Orchestra, Shreveport, LA, 2013-present  
Cayuga Chamber Orchestra, Ithaca, NY, substitute, 2013  
Equinox Symphony, Rochester, NY, 2006  
Greater Rochester Women's Philharmonic, Rochester, NY, 2006  
Key West Symphony, Key West, FL, 2004  
San Antonio Symphony, San Antonio, TX, substitute, 1999, 2004  
Waco Symphony Orchestra, Waco, TX, 2003-2005  
Baylor University Symphony Orchestra, principal, Waco, TX, 2003-2005  
New England Conservatory Orchestras, Boston, MA, 1998-2002  
Boston Metropolitan Orchestra, Boston, MA, 2000-2002  
Community Music Center Orchestra, principal, Boston, MA, 2000-2002  
Pennswood Music Festival Orchestra, State College, PA, 2002  
Aspen Music Festival Concert Orchestra, Aspen, CO, 1996, 1997, 1999

### **Chamber Music Performances**

Ursa Quartet, Waco, TX, 2003-2005  
Blue Rider Chamber Players, Houston, TX, 2003  
Keller Chamber Series, New England Conservatory, Boston, MA, 1998-2002  
Pennswood Music Festival, State College, PA, 2002  
Faculty Recitals, Youth Orchestra of San Antonio Summer Camp, San Antonio, TX, 2000, 2004

## **Solo Performances**

Advent Series Concerts, Invited Soloist, Saint Anne Church, Rochester, NY 2010  
Fairport Musicale, Invited Soloist, Rochester, NY 2010  
PEO International Sisterhood, Rochester, NY, 2007-2011  
Baylor University, Waco, TX, 2004  
New England Conservatory, Boston, MA, 2001, 2002  
PEO International Sisterhood Benefit Recitals, Boston, MA and San Antonio, TX, 2001

## **Awards and Honors**

MTNA Young Artist Chamber Music Competition, National Finalist, Ursa Quartet, 2005  
Teaching Assistantship, Baylor University, 2003-2005  
Scholarship, New England Conservatory, 1998- 2002  
Scholarship, Aspen Music Festival, 1997, 1999

| <b>Principal Teachers</b> | <b>Chamber Music</b>    | <b>Masterclasses</b> | <b>Conductors</b> |
|---------------------------|-------------------------|----------------------|-------------------|
| Heidi Castleman           | Borromeo Quartet        | Pierre Amoyal        | James Conlon      |
| Victoria Chiang           | Bruce Berg              | Jeffrey Irvine       | Steven Heyde      |
| Allyson Dawkins           | Gerardo Edelstein       | Midori               | Larry Rachleff    |
| James Dunham              | Eric Rosenblith         | Mark O'Connor        | Lan Shui          |
| Kathryn Steely            | Stephanie Sant'Ambrogio | Lesley Robertson     | Murry Sidlin      |