

Title: Biomechanics and injury prevention for Organists.

Brief description: Join James and David Thomas in this interactive workshop exploring human mechanics and its application to organ playing.

The workshop will explore how simple postural changes can not only improve your playing performance but also help you to overcome common overuse injuries and postural pains. We will discuss the link between the brain and the hand, maximising your (movement) efficiency whilst playing and commonly overlooked exercises which can make huge differences! We ask you to come ready to play, engage in some (relatively gentle) exercise and bring an open mind!

David is an experienced musculoskeletal Physiotherapist and founder of Kaizen Physiotherapy & performance. After several years working as a specialist physio in both the NHS and elite Sporting environments he predominantly works 1:1 with athletes and artistic performers from multiple disciplines to keep them injury-free. He has an innate interest in movement mechanics and integrates specific strength and conditioning principles to enable people to increase their longevity in whatever physical activity they choose to pursue!

James Lloyd Thomas MA FRCO FTCL GTCL LRAM PGCE

James Lloyd Thomas studied at Trinity College of Music and London University; he holds Fellowships from the Royal College of Organists and Trinity London, as well as an MA in Composition and Performance. James has held several teaching positions as well as prestigious organist posts, including Oundle School (as Director of Chapel Music), Shrewsbury Abbey, and St. Mary's Bourne Street. He studied the organ with David Sanger, James Parsons, and Margaret Phillips, piano with Christine Croshaw, and conducting with Bernard Keef and Vernon Handley. His MA research and performance was concerned with the little-known romantics August Ritter and Johann Töpfer.

James has a wealth of experience in teaching, having been Director of Music at Kingston Grammar, Christ College Brecon, and Lingfield Notre Dame School. He maintains a busy schedule of recitals and accompaniment, as well as freelance work as an examiner and conductor. He has a long-standing association with 'Oundle for Organists', and has taught regularly for the RSCM.

James moved to Hong Kong in January 2014 to take up the post of Director of Music at Harrow International School. He played the organ regularly at Hong Kong Chinese University and was made Associate Organist of St. John's Anglican Cathedral HK. In 2016 he moved to New Zealand to become Organist and Director of Music at Nelson Cathedral. He then returned to the UK to the town where he was born, to take up the position of DoM at St Thomas' Stourbridge, and was delighted to work with the Redditch Orchestra and The Wyre Forest Symphony Orchestra on a regular basis.

He is acting Director of Music at All Saints Oakham. He lives in Irthlingborough with his harpist wife, Lizzie Peacock and their two cats Boggis and Bean who are very slowly learning the piano.