

2026 VMTA Fall Conference

October 3, 2026

Location: Trinity Baptist Church, 300 Trinity Dr, Williston VT 05495

How to Make Music Mindfully: A Guide to Ease, Confidence, and Joy for Music Teachers

Dr. Laura Amoriello, Clinician

9:00-10:15 Session I

Making music demands the best of mind, body, and soul. Mindfulness can help. In our first session, we'll deepen our understanding of this ancient practice and explore ideas for incorporating it into our playing and teaching. Participants will be invited to try short mindfulness meditations and other practices they can share with their students.

10:15-10:30 Break

10:30-11:45 Session II

Our second session will dive deeper into performance anxiety and how mindfulness can help us learn to work with fear. Three practices will be shared to help us remember our why, access courage, and tap into generosity onstage.

12:00

No formal luncheon is planned, but a reservation has been made at a nearby establishment (Farmhouse Tap & Grill) for those that would like to meet afterwards. Our clinician will join us for lunch and this will be an additional opportunity for casual follow-up conversation with her.

About Our Clinician:

Dr. Laura Amoriello holds a Doctor of Education degree from Teachers College, Columbia University, with a master's degree in piano performance and pedagogy from Penn State and a bachelor's degree from Westminster Choir College. She is certified in a number of techniques and approaches, including the Art of Practicing®, MNDFL and Open Heart Project Certified Meditation and Mindfulness Life Coaching. She has been a faculty member at Ithaca College, Westminster Choir College, and The College of New Jersey. You can find out much more about Laura at her website, <https://lauraamoriello.com/>.

2026 VMTA FALL CONFERENCE REGISTRATION FORM

Trinity Baptist Church, 300 Trinity Dr, Williston VT 05495

Registration Deadline: September 25

Name: _____

Telephone: _____

Address: _____

Email: _____

Convention Fee: (please check appropriate category)

_____ VMTA Member	\$30
_____ MTNA Member from other states	\$40
_____ Non-Member	\$50
_____ College Student (with ID)	Free

Do you plan to join us for lunch at the Farmhouse Tap & Grill? Yes ____ No ____
(answering yes does not obligate you to attend - for information only)

Please complete the above form and **enclose a check for the total amount** payable to the Vermont Music Teachers Association **by September 25**.

Mail to: **Patty Bergeron**
166 West Street
Essex Junction, VT 05452

Questions: Please contact Patty at **802-318-2977** or pcberg86@gmail.com

