

*Art in Motion*  
2018

*Training for Creative Excellence*

*JUNE 8 & 9, 2018*

*University of Music and Performing Arts Munich*

*LECTURES – WORKSHOPS – DEMONSTRATIONS – POSTER SESSION*

*t4x<sup>2</sup>* Artists and athletes engage in the quest for training strategies that enable and reinforce learning, while facilitating creativity and flexibility. Efficiency and effectiveness are not enough. Work methods need elements of variability to inspire personal growth over a lifetime. Come to Munich and enjoy the perspectives of experts in music, composition, dance, theater, and sports. Hear the views of scientists, practitioners, and teachers. Please use this opportunity to test new techniques and take part in this forum for exchange.

*[www.t4x.eu](http://www.t4x.eu)*

UPCOMING 6TH INTERNATIONAL & INTERDISCIPLINARY SYMPOSIUM

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T 4 X<sup>2</sup>

TRAINING

FOR

EXCELLENCE <sup>CREATIVE</sup>



HOCHSCHULE  
FÜR MUSIK UND THEATER  
MÜNCHEN

