

Testimonials

Angela McCuiston was my student at Tennessee Tech University from 1999 to 2003. During her time at TTU she distinguished herself as one of our most outstanding players, performing in the top ensembles on both flute and piccolo.

Her playing, like her personality, is effervescent and refreshing, characterized by a beautiful tone quality, mature phrasing and technical prowess. She has returned since graduation to give master classes to current flute students, proving herself a fine teacher in addition to her impressive performance skills.

- Dr. Roger Martin, Professor of Flute, TTU

I began taking lessons from Angela late September of my junior year and right away I noticed an immediate change in my playing. First, my embouchure became refined then my musicality improved tremendously.

One thing I liked about her teaching was her diverse instructional vocabulary. On the occasion that I did not understand a musical thought or style as initially described, Angela always had additional ways to explain what she wanted me to accomplish, making it easily understandable. This practice is perhaps her most valuable asset as a teacher.

- Alaina Langhirt, Former Student

Angela McCuiston received her M.M from The Florida State University and B.M. from Tennessee Technological University. In addition to teaching at Gulf Coast Community College, she actively travels to teach her workshops, maintains a private studio in Panama City, FL and teaches private lessons online.

An avid performer, Angela is Principal flute of the Panama City Pops, Assistant Principal/Piccolo of Sinfonia Gulf Coast of Destin and a member of the 129th Army Band in Nashville, TN.

An ISSA Certified Fitness Trainer, Angela has studied Alexander Technique, Barbara Conable's "What Every Musician Needs to Know About the Body" Body Mapping Class and Eva Amsler's classes in Dynamic Integration.

Angela can be contacted at:

E-mail: angela@fluteangel.net

Website: www.fluteangel.net

Blog: <http://fluteangel.wordpress.com>

Angela McCuiston, M.M., ISSA-FT

Angela McCuiston

Flutist
Teacher
Personal Trainer



LIVE YOUR HEALTHIEST,
MOST MUSICAL LIFE!

PRESENTATIONS

“Workouts for Musicians”

1 – Hour Lecture

This lecture covers a basic overview of anatomy as it relates to flute/instrument playing, and various workout techniques such as warm-ups, static stretches, an overview of a sample workout to correct muscle imbalances and recovery techniques. We will also do a bit of body mapping and dynamic integration work.

Student limit: none

“Workouts for Musicians: Don’t be Afraid of the Weights!”

3- Hour Workshop/Lecture

This workshop is a more in-depth version of the 1-hour lecture complete with hands-on involvement from the participants. We will cover all aspects of the 1 hour lecture but will go through a longer session of anatomy, body mapping and dynamic integration.

We will also go through stretches, both dynamic and static and finish with an actual sample workout, focusing on form and understanding how to lift properly.

Participants should wear comfortable clothing, bring a water bottle, a mat/towel and be prepared to participate!

Student limit: up to 30. If more students are interested than there is space, additional sessions may be offered in the same weekend to accommodate the numbers interested.

PERSONAL TRAINING

Individual personal training sessions may be added to any lecture or workshop. Training session will include individualized attention and I will personally walk you through an entire workout including proper form instruction, dynamic warm-ups, and static stretching.

I provide training programs online or in person. Individual sessions are offered at the rate of \$45 per hour.

I also offer nutritional coaching.

Contact me today! angela@fluteangel.net

LESSONS/MASTERCLASS

A one-hour masterclass may be added on to any lecture or workshop for an additional fee.

Private Flute Lessons are also available. I am currently accepting new students, both in person in Panama City, FL and online via Skype. Lessons are offered at a rate of \$40/hr or \$20/30 minutes.

Single private flute lessons are also available after the workshop.



Performing

Angela is an avid performer and is available for recitals. A recital may be added to any workshop for an additional fee. Sponsors are responsible for providing accompaniment.