

"Martin's knowledge, passion and enthusiasm for music makes learning a real pleasure. He is an excellent tutor and an inspirational teacher/mentor. James Parker, British Army Band, Sandhurst ★★★★★

Managing Performance Anxiety

Take control with Martin Stones, LRSM

Learn to command centre stage with a leading British Army Principal Musician

The Entry Package

£119 (Introductory Offer)

2 x 45 min one-to-one sessions

Online or face to face / Flexible dates & times
No prior experience required / Prices are per person

MUSIC SPARK

Recognising Talent & Upholding Quality

What's Included:

- Finding the Roots of Stage Nerves
- Remodelling your Mindset
- Coping Mechanisms
- On-The-Spot Fixes
- Essential Reprogramming Techniques
- Long-Term Emotional Health Benefits



Martin Stones

Wiltshire & Online

Principal Clarinettist | Tutor | LRSM

Certified British Training Board Coach & Mentor

"As a lead performer and principal musician for many years, often at high profile events, I've seen that performance nerves can be a real issue for some musicians and quite common. I've been privileged to mentor top-level musicians, seeing excellent results, and helping them overcome these challenges. I draw not only from my own experiences, but through formal training, research and tried and tested methods".

Click [here](#) to book or to enquire for further information.

email: info@music-spark.com*

www.music-spark.com

*Limited places available