

COMPOSED

Special Event Screening Guide

John Beder / Bed Rock Productions LLC / composeddocumentary.com / info@bedrocklab.com

ABOUT THE FILM

Through the lens of professional classical musicians, *Composed* explores the many ways we experience and can address performance anxiety. Faced with the judgment of peers, audience, conductors, and worst of all themselves, musicians spend years trying to understand and overcome the physical and mental manifestations of performance anxiety.

Composed offers both some of the answers musicians seek about understanding performance anxiety and what can be done about it. In addition we utilize musicians from orchestras around the country to show how universal this issue is.

Our goal with *Composed* is to create a more open conversation about performance anxiety where musicians feel comfortable addressing this very natural and common reaction to the stage. We believe being a performer is just as much about the notes as it is about feeling confident on stage.

WHAT MUSICIANS ARE SAYING ABOUT COMPOSED

"*Composed* offers a profoundly moving and honest exploration of some very familiar personal struggles, emotional limitations, and coping mechanisms told by classical musicians at various points of their careers. This film makes me feel that we are no longer left alone against our doubts, as I realize how many of these non-musical challenges we all have in common"

Eugene Izotov
San Francisco Symphony

"*Composed* reveals so much that I wish I'd known growing up as a performer: how the very best get nervous and find various ways to excel nonetheless. We need to be having these conversations out in the open, and *Composed* starts the process."

Nathan Cole
Los Angeles Philharmonic

"*Composed* is an incredible gift to the world of performers! The wealth of information and opinions that John Beder has gathered will help all of us who feel performance anxiety while trying to play our best. I can't wait to watch it and share it with my students!"

Jennifer Montone
Philadelphia Orchestra

ICSOM was the first organization to sponsor our film and now we want to share it with your musicians. Starting in October 2016 *Composed* will tour cities across the country and want to offer ICSOM member orchestras a chance to see it. All member orchestras are being offered a private screening, including a Q&A with our director, for a reduced fee if aligned with tour dates/regions.

If interested, please contact us at info@bedrocklab.com

TOUR SCHEDULE (tentative)

2016		2017	
Month	Region	Month	Region
October	Northeast	January	California / West Coast
Late October	Colorado	February	Texas/Southwest
November	Northeast/Mid-West	March	Florida, Georgia, Carolinas
December	Mid-West	April	UK / Ireland
		May	Southwest/Pacific Northwest

FEE STRUCTURE

	Single Fee
Private Screening for Orchestras (incl friends/family)	\$600
Post Screening Q&A with Director	\$0

Venues are not restricted to traditional theaters or concert halls and can be held in any variety of rooms/halls/venues.

FILM SPECIFICATIONS / DISPLAY FORMATS

RUNTIME: 78 Minutes
AVAILABLE FORMATS: DVD, BLU-RAY, HD Digital, DCP
(Projection equipment can be provided if necessary)