



**sydney symphony  
orchestra**

**David Robertson**  
Chief Conductor and Artistic Director

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**HEALTH &  
WELLBEING  
PROGRAM**

## MANAGING DIRECTOR'S MESSAGE

I am pleased to encourage staff and musicians of the Sydney Symphony Orchestra to become familiar with and participate in the initiatives available to you in our Health and Wellbeing Program. The Program is devised by the musicians, staff and executive colleagues to focus on your individual health and lifestyle choices and to contribute to the overall health and safety of our workplace.

The health challenges facing symphonic orchestra musicians throughout their working lives are well researched and documented in Australia and elsewhere. Hearing damage, muscular skeletal injuries and associated pain, as well as performance anxiety, all have the potential to impact on our musicians enjoying their remarkable careers. Current research demonstrates that targeted exercise interventions for musicians can produce improvements across a range of health domains. This Program aims to put these findings into practice to assist you improve your health and well being.

It is widely recognised that a sedentary lifestyle increases the risk of numerous diseases such as obesity, type 2 diabetes, cardio vascular disease, colon cancer, high blood pressure, osteoporosis, depression and stroke. Sedentary behaviours also contribute to reduced productivity, absenteeism and presenteeism at the workplace. This Program offers our musicians and staff an enjoyable and varied in-house fitness regime to increase your activity levels and maintain your fitness.

The Sydney Symphony Orchestra Health and Wellbeing Program is continuously evolving and I am pleased to be able to support the Program and this publication which details each of the initiatives available to you as a member of the Sydney Symphony Orchestra.



**Rory Jeffes**  
**Managing Director**

## ALEXANDER TECHNIQUE

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Alexander Technique teaches people how to stop using unnecessary levels of muscular and mental tension during their everyday activities.

**Janet Davies, Teacher of Violin & Alexander Technique** undertakes classes for musicians at the beginner and advanced level. Janet's classes are devised for musicians and designed to counter muscular skeletal issues that plague professional symphony orchestra players during the course of their careers.

### CONTACT

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#### **Janet Davies**

Email: [jdavies96@optusnet.com.au](mailto:jdavies96@optusnet.com.au)

## BALANCE IN WORK AND LIFE

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The Sydney Symphony Orchestra recognises that the success of the Company is built on the outstanding quality of our ensemble of musicians, supported by a dedicated and tireless administrative team, board and volunteers.

With the intensification of work undertaken by the Company from year to year it is important to offer our staff and musicians programs and initiatives that assist their productivity and creativity. The nature of our work means extended ordinary hours of work spanning 7 days per week on concerts, commercial collaborations, education & outreach programs, international and state-wide tours as well as community and philanthropy events.

Recent research in Australia, the United States and the European Union, points to a blurred boundary of work and life due to advances and affordability in technology. This combined with an increase in non – occupational activities and family commitments contribute to a perception for many workers of a chronic lack of time and work stress. Across the Western world reported consequences of these imbalances are psychological strain, disengagement from work, low productivity, poor attendance and behaviours, and in some cases mental health related illnesses.

Within a dynamic and busy environment the Sydney Symphony Orchestra encourages work - life balance through a range of initiatives. These include: flexible work hours; time off in lieu arrangements; a variety of leave provisions, including family friendly leave options; respite for our musicians and rostering, designed to ensure the challenges of repertoire and programming can be achieved in a healthy environment.

### CONTACT

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#### **Optum**

Phone: 1300 361 008

Web: [www.livewell.optum.com](http://www.livewell.optum.com)

#### **Beyond Blue**

Phone: 1300 224 636

Web: [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### **R you ok?**

Web: [www.ruokday.com](http://www.ruokday.com)

## CITY 2 SURF

Each August the Sydney Symphony Orchestra enters a team in the Sydney *City 2 Surf* run. Start training now for the race and help the team fund raise for the *Starlight Foundation*.

### CONTACT

#### Shefali Pryor & Emily Long

Web: [www.city2surf.com.au](http://www.city2surf.com.au)

Web: [www.starlight.org.au](http://www.starlight.org.au)

## CULTURE

Organisational culture programs target the way work is organised and the relationship with the psychological health of employees. Workplace culture impacts on morale, engagement, performance and retention of staff. It also impacts on workplace illnesses and injuries.

The Sydney Symphony Orchestra is committed to a positive workplace culture. This is achieved through employment policies such as our *Equity & Diversity*, *Workplace Bullying & Harassment Prevention*, *Drug & Alcohol*, and *SSO Workplace Health and Safety* policies.

The Sydney Symphony Orchestra also aims to strengthen our positive workplace culture through initiatives such as *Performance Review*, *Leadership for Principal Musicians*, and *Training in attitudes, behaviours and styles for staff members* and continuous review of organisational structures and job descriptions.

## DIET

The Australian Institute of Health and Welfare, in its most recent study, alerted us to the unfavourable trend in Australia towards obesity, with about 7.4 million adults overweight and a third of those obese. Our increasingly sedentary lifestyle is considered to be a major contributor to adverse health outcomes such as type 2 diabetes, obesity, cardiovascular disease, colon cancer, high blood pressure, osteoporosis, depression and stroke (Medibank Private Research).

As both our staff and musicians lead relatively sedentary lifestyles at work the Company encourages its staff and musicians towards healthy eating and regular exercise.

The Company provides fruit, grains, dairy and food making facilities at our Head Office for all staff and musicians. At the Sydney Opera House our musicians and production staff are afforded healthy food options at a discounted price in the Green Room.

At Company and Orchestra wide meetings healthy food options are provided to staff and musicians.

## EXERCISE SCHEDULE

The Sydney Symphony offers a range of fitness programs to staff and musicians at our Head Office and Sydney performance venues. These programs are subsidised by the Company.

Each year the Company reviews its exercise program offerings and draws up a draft schedule of classes for staff and musicians.

### CURRENT YEAR EXERCISE PROGRAM:

**See Annexure A**

## ERGONOMICS

Ergonomics is a branch of science that aims to learn about human abilities and limitations and apply that knowledge to improve people's interactions with product, systems and environments.

For each performance at each of our venues the Company and musician representatives review seating arrangements for the musicians and their instruments.

The Company and the Sydney Opera House work with our musicians to test for ergonomically improved seating and stands.

At both our Head Office and the Sydney Opera House our office furniture and floor plans are designed to Australian standards, and computer heights and seating measured for good ergonomics.

### CONTACT

**Vicki Bowden, Interact Injury Management**

Mobile: 0417 618 830

Email: [referrals@interactgroup.com.au](mailto:referrals@interactgroup.com.au)

Web: [www.interactgroup.com.au](http://www.interactgroup.com.au)

## FITNESS: CLASSES

In light of evidence based research that targeted exercise interventions for musicians can produce improvements across a range of health domains, we offer a series of physiotherapist led exercise classes focussing on mobility, dynamic warm up, core strengthening, postural and injury management education classes.

David Peterson, Physiotherapist, plans to undertake a series of physical fitness classes and clinics throughout the year with both staff and musicians.

David also undertakes "Fit for Tour" classes leading up to our international tours to help the musicians prepare for the physical rigours of international touring.

### CONTACT

**David Peterson**

Phone: 9368 1824

Email: [pottphysio@ozemail.com.au](mailto:pottphysio@ozemail.com.au)

## GIO WORKERS COMPENSATION INSURERS

Following the departure of the Sydney Symphony Orchestra from the Australian Broadcasting Corporation, our musicians and staff transferred from the Commonwealth workers compensation system to the New South Wales system. GIO is our insurer for New South Wales workers compensation matters.

GIO review claims from staff and musicians who state that they were injured or became ill at the workplace. Where a claim is accepted GIO, approves and monitors any treatment and return to work plans for each injured/ ill employee. An employee may be entitled to payment for lost work time as well as approved treatment costs, subject to approval by GIO.

### CONTACT

**GIO**

Email: [Wcclaims\\_nsw@gio.com.au](mailto:Wcclaims_nsw@gio.com.au)

For employees who suffered from a workplace injury or illness prior to the Orchestra departing from the Australian Broadcasting Authority, a re-occurrence of that injury or illness may be compensated by the Commonwealth Scheme Insurer, COMCARE.

### CONTACT

**COMCARE**

Phone: 1300 366 979

Web: [www.comcare.gov.au/claims](http://www.comcare.gov.au/claims)

## HEARING TESTS & AIDS

Previously it was common place for Symphony Orchestra musicians to suffer from hearing loss, as a result of noise generated within an orchestra, over a life time of playing. Like other significant environmental workplace injuries, hearing loss or damage is now addressed through risk minimisation initiatives.

The Company works with the musicians to undertake a number of initiatives to reduce the risk of hearing loss to our musicians.

Each and every Sydney Symphony Orchestra musician is required to undertake an annual audiometric test. These tests are undertaken by "Connect Hearing" and the Company meets the costs of the tests.

Connect Hearing also advises musicians with hearing compromises to wear Musician Plugs at certain times when they are rehearsing or performing. Connect Hearing arranges for custom made Musician Plugs for musicians where necessary. The Company also meets the costs for these plugs.

In addition to custom made musician plugs the Company makes available Standard hearing plugs to all our musicians at each rehearsal, audition and performance venue.

**[www.connecthearing.com.au](http://www.connecthearing.com.au)**

See Annexure B for full list of Connect Sydney Offices.

## INJURY PREVENTION & MANAGEMENT

Workplace injury and illness imposes significant social and economic costs on injured employees and their families, employers and the wider community. The Company is committed to reducing workplace injuries and illnesses. This Health & Wellbeing Program outlines the key employer initiatives to assist employees to improve their lifestyle choices and health thereby reducing or preventing chronic illness, injury and disease.

The company's Workplace Injury Management process is set out in detail in the Sydney Symphony Orchestra Safety Management System. A copy of the Safety Management System is provided to each employee.

The People and Culture Department works with other Company Departments to oversee the notification and management of workplace injuries and illnesses. Employees who are injured or become ill at work are responsible for notifying the matter and working with their medical providers, the Company and our Insurer.

By working closely with the GIO Claims Officers and in some instances a Rehabilitation Officer, injured or ill employees are closely monitored, managed and supported, so if possible, they are able to return to work as soon as they are at pre-injury fitness levels.

### CONTACT

#### **Michel Hryce**

Mobile: 0405 191 844

Email: [michel.hryce@sydneyssymphony.com](mailto:michel.hryce@sydneyssymphony.com)

#### **GIO**

Email: [Wcclaims\\_nsw@gio.com.au](mailto:Wcclaims_nsw@gio.com.au)

#### **Rehabilitation**

##### **Vicki Bowden**

*Occupational Therapist*

Mobile: 0417 618 830

Email: [Vicki.Bowden@interactgroup.com.au](mailto:Vicki.Bowden@interactgroup.com.au)

## MEDICAL PRACTITIONERS

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Medical and Health Practitioners who contribute to the Sydney Symphony Orchestra Health & Wellbeing Program are also available to staff and musicians for individual treatment and health management regimes. Our Practitioners also work with the Sydney Symphony Orchestra to continuously develop this Program.

## NOISE MONITORING

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The Sydney Symphony Orchestra aims to manage the risk of noise induced hearing for musicians at the workplace by monitoring the noise levels in rehearsals and performances against acceptable exposure standards, employing noise control measures and encouraging musicians to undertake annual audiometric testing.

The Sydney Symphony Orchestra's Managing Noise and Preventing Hearing loss at Work Program set out in the Safety Management System details the processes undertaken to assess the risk associated with noise hazards and actions to control those risks.

## OPTUM: EMPLOYEE ASSISTANCE PROGRAM

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Optum is engaged by the Sydney Symphony Orchestra to manage its Employee Assistance Scheme. Optum offers short term counselling and support for employees on a range of personal and work related issues such as: responsibility at work; stress management; work-life balance; managing change; depression/anxiety; addictions; and family issues. The service is provided by professionally qualified psychologists, psychiatrists and social workers. It is voluntary and confidential and available at no cost to all employees 24/7.

### CONTACT

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#### **Optum**

Phone: 1300 361 008

Web: [www.livewelloptum.com](http://www.livewelloptum.com)

## PILATES

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Is a physical fitness system and condition routine that may help build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back.

Jane Leathwood, Physiotherapist & Teacher of Pilates, shall commence Pilate's classes for musicians and staff in the second half of 2014. Jane is also a musician and her classes shall concentrate on preventative measures to reduce the risk of chronic physical injury.

### CONTACT

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#### **Jane Leathwood**

Email: [janeknev@hotmail.com](mailto:janeknev@hotmail.com)

## SAFETY AUDITS

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Members of the Sydney Symphony Orchestra's Work Health & Safety Committee undertake annual safety audits of the Head Office and workspace at the Sydney Opera House. Audit results and subsequent actions taken to improve safety in our workplace environments are distributed company-wide and reported to our Board on a regular basis.

## TOURING MEDICO AND PHYSIO

Each year the Sydney Symphony Orchestra musicians undertake an international tour. The musicians are joined on these tours by a Medical Practitioner, Dr Paul Duff and a Physiotherapist. David Petersen, B. App.Sc (Physio), Masters Musculoskeletal and Sports Physio. Paul and David travel with the musicians and are available to attend to any medical or physical issues during the course of the tour.

Pre tour, Paul Duff advises musicians on vaccinations, environmental health issues in tour destinations and managing existing medical and treatment issues when touring.

In the lead up to the tour David Peterson holds "Fit to Tour Classes" to assist the musicians improve their fitness prior to embarking on their tour.

Both practitioners are available for private consultation as well as their work contributing to our Program.

### CONTACT

#### Dr Paul Duff

**Australian Society for Performing Arts Healthcare**

Mobile: 0409 302003

Phone: 4344466

Email: paul@mcknightduff.com

### CONTACT

#### David Peterson

Phone: 9368 1824

Email: pottsptphysio@ozemail.com.au

## UNIVERSITY STUDIES OF ORCHESTRAL MUSICIANS

The Sydney Symphony Orchestra musicians and staff contribute to various and significant studies undertaken into all aspects of their working lives. In particular the orchestra members are committed to contributing to work undertaken at the Sydney University by Dr Bronwen Ackerman, Biomedical Science; Dr Tim Driscoll, Public Health and Dr Dianna Kenny, Arts & Sciences.

Working across Departments and Schools at the University of Sydney these specialists are recipients of funding from the Australia Research Council and the Australia Council for the Arts Sound Practice Research Project. One outcome of the project is a musician specific WHS Induction Package which is available to all musicians. The Induction Package includes tip sheets and posters for assessable and simple health information.

### CONTACT

#### Dr Bronwen Ackerman

Email: bronwen.ackermann@sydney.edu.au

## VACCINATION

Is the most effective method of preventing infectious diseases. The Company pays for staff and musicians' flu vaccinations each year. Flu vaccinations are arranged through the Sydney Opera House each March-April

### CONTACT

#### Monique Van Dam, RN SOH

Email: MVanDam@sydneyoperahouse.com

On behalf of the Company, Dr Paul Duff advises musicians and staff on appropriate vaccinations prior to undertaking our international tours.

### CONTACT

#### Dr Duff

Mobile: 0409 302003

Phone: 434 4466

Email: paul@mcknightduff.com



## WORKPLACE HEALTH & SAFETY COMMITTEE

The Company has an active WH&S Committee which meets 4 times per year and undertakes work place health and safety work in between meetings. The Committee comprises of musician and staff representatives as well as members of the executive team. Staff and musicians also volunteer to be our First Aiders and Emergency Wardens at Head Office and performance venues.

Staff and musicians are encouraged to contact their Committee members regarding any issues in relation to workplace health and safety.

### CONTACT

#### **WH&S Committee**

Email: [WHSCommittee@sydneyssymphony.com](mailto:WHSCommittee@sydneyssymphony.com)

## WORKPLACE HEALTH & SAFETY TRAINING

The WH&S Committee members are trained in risk management, first aid and emergency evacuation procedures. The company's preferred trainers are set out below.

### CONTACT

#### **"People Safe" for Committee training**

Trainer: Ilija Ilcesin

Mobile: 0425 265 910

Phone: 9501 1516

Email: [iilcesin@peoplesafe.com.au](mailto:iilcesin@peoplesafe.com.au)

Web: [www.peoplesafe.com.au](http://www.peoplesafe.com.au)

#### **Provide First Aid – HLTAID003 Course**

##### **CBD College**

Web: [www.cbdcollege.edu.au/courses/firstaid.html](http://www.cbdcollege.edu.au/courses/firstaid.html)

##### **St John's Ambulance**

Web: <http://stjohn.org.au/first-aid-training>

## YOGA

Iyengar Yoga aims to bring the body into healthy alignment whilst bringing the mind into harmony with the physical body. The famous violinist Yehudi Menuhin became a convert to Iyengar Yoga.

Rod Stennard, Level 1 Certified Iyengar Yoga Teacher, undertakes classes for both staff and musicians addressing all levels of health and fitness.

### CONTACT

#### **Rod Stennard**

Email: [rodstennard@gmail.com](mailto:rodstennard@gmail.com)

## ANNEXURE A

*Health & Wellbeing Program – Physical Exercise Schedule*

## APRIL – DECEMBER 2014

DATE	WEEKDAY	TIME	END	NAME	CO./LAST NAME
<b>APRIL</b>					
1/04/2014	Tue	14:00	15:00	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
3/04/2014	Thu	12:30	13:30	Yoga	Raine & Horne Training Room
9/04/2014	Wed	9:15	10:15	Yoga	Concert Hall Northern Foyer, Sydney Opera House
9/04/2014	Wed	13:00	14:00	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
9/04/2014	Wed	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
10/04/2014	Thu	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
15/04/2014	Tue	12:30	13:30	Yoga	Raine & Horne Training Room
24/04/2014	Thu	12:30	13:30	Yoga	Raine & Horne Training Room
29/04/2014	Tue	12:30	13:30	Yoga	Raine & Horne Training Room
30/04/2014	Wed	14:15	15:15	Alexander Technique	Dressing Room 75, Sydney Opera House
<b>MAY</b>					
1/05/2014	Thu	18:00	19:00	Alexander Technique	Dressing Room 75, Sydney Opera House
1/05/2014	Thu	14:15	15:15	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
6/05/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
7/05/2014	Wed	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
7/05/2014	Wed	9:15	10:15	Alexander Technique	Dressing Room 75, Sydney Opera House
7/05/2014	Wed	13:00	14:00	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
12/05/2014	Mon	14:15	15:15	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
12/05/2014	Mon	14:15	15:15	Alexander Technique	Dressing Room 75, Sydney Opera House

DATE	WEEKDAY	TIME	END	NAME	CO./LAST NAME
13/05/2014	Tue	18:00	19:00	Alexander Technique	Dressing Room 75, Sydney Opera House
14/05/2014	Wed	9:45	10:45	Yoga	Joan Sutherland Theatre Northern Foyer, Sydney Opera House
20/05/2014	Tue	12:30	13:30	Yoga	Raine & Horne Training Room
27/05/2014	Tue	12:30	13:30	Yoga	Angel Place

<b>JUNE</b>					
3/06/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
10/06/2014	Tue	13:00	14:00	Yoga	JSTNF pending
11/06/2014	Wed	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
11/06/2014	Wed	13:00	14:00	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
13/06/2014	Fri	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
17/06/2014	Tue	13:30	14:30	Fit to Tour	Concert Hall Northern Foyer, Sydney Opera House
19/06/2014	Thu	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
19/06/2014	Thu	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
20/06/2014	Fri	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
24/06/2014	Tue	12:30	13:30	Yoga	Raine & Horne Training Room

<b>JULY</b>					
1/07/2014	Tue	12:30	13:30	Yoga	The Rocks, tbc
8/07/2014	Tue	14:15	15:15	Alexander Technique	Dressing Room 75, Sydney Opera House
9/07/2014	Wed	12:30	13:30	Alexander Technique	Dressing Room 75, Sydney Opera House
9/07/2014	Wed	12:30	13:30	Pilates	Concert Hall Northern Foyer, Sydney Opera House
10/07/2014	Thu	12:30	13:30	Yoga	Joan Sutherland Northern Foyer, Sydney Opera House
15/07/2014	Tue	13:15	14:15	Yoga	Concert Hall Northern Foyer, Sydney Opera House
15/07/2014	Tue	13:15	14:15	Alexander Technique	Dressing Room 75, Sydney Opera House

DATE	WEEKDAY	TIME	END	NAME	CO./LAST NAME
<b>JULY (continued)</b>					
16/07/2014	Wed	13:30	14:30	Pilates	Concert Hall Northern Foyer, Sydney Opera House
18/07/2014	Fri	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
22/07/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
23/07/2014	Wed	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
23/07/2014	Wed	13:00	14:00	Pilates	Concert Hall Northern Foyer, Sydney Opera House
24/07/2014	Thu	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
31/07/2014	Thu	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House

<b>AUGUST</b>					
5/08/2014	Tue	12:30	13:30	Yoga	The Rocks, tbc
12/08/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
12/08/2014	Tue	9:15	10:15	Alexander Technique	Dressing Room 75, Sydney Opera House
13/08/2014	Wed	9:45	10:45	Pilates	Concert Hall Northern Foyer, Sydney Opera House
13/08/2014	Wed	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
18/08/2014	Mon	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
19/08/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
20/08/2014	Wed	9:45	10:45	Pilates	Concert Hall Northern Foyer, Sydney Opera House
22/08/2014	Fri	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
27/08/2014	Wed	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
27/08/2014	Wed	13:00	14:00	Pilates	Concert Hall Northern Foyer, Sydney Opera House
28/08/2014	Thu	13:00	14:00	Yoga	Joan Sutherland Theatre Northern Foyer, Sydney Opera House
29/08/2014	Fri	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House

DATE	WEEKDAY	TIME	END	NAME	CO./LAST NAME
<b>SEPTEMBER</b>					
3/09/2014	Wed	13:00	14:00	Pilates	Concert Hall Northern Foyer, Sydney Opera House
4/09/2014	Thu	12:30	13:30	Yoga	The Rocks, tbc
9/09/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
15/09/2014	Mon	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
16/09/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
17/09/2014	Wed	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
17/09/2014	Wed	9:45	10:45	Pilates	Concert Hall Northern Foyer, Sydney Opera House
25/09/2014	Thu	18:00	19:00	Alexander Technique	Dressing Room 75, Sydney Opera House
25/09/2014	Thu	14:15	15:15	Alexander Technique	Dressing Room 75, Sydney Opera House
25/09/2014	Thu	12:30	13:30	Yoga	The Rocks, tbc
30/09/2014	Tue	12:30	13:30	Yoga	The Rocks, tbc

<b>OCTOBER</b>					
7/10/2014	Tue	13:00	14:00	Yoga	Concert Hall Northern Foyer, Sydney Opera House
7/10/2014	Tue	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House
8/10/2014	Wed	13:00	14:00	Pilates (RES)	Concert Hall Northern Foyer, Sydney Opera House
9/10/2014	Thu	9:45	10:45	Alexander Technique	Dressing Room 75, Sydney Opera House
14/10/2014	Tue	12:30	13:30	Yoga	Angel Place, tbc
20/10/2014	Mon	13:00	14:00	Alexander Technique	Dressing Room 75, Sydney Opera House

**PLEASE NOTE:**

Schedule Subject to changes that shall be noted in Weekly Roster Lists and by email to Administrative Staff

## CONNECT HEARING OFFICES

### Blacktown

85 Main St  
Blacktown NSW 2148  
P: 02 9621 6564

### Campbelltown

McGuanne House  
286 Queen St  
Campbelltown NSW 2560  
P: 02 4625 4077

### Castle Hill

Castle Hill Medical Centre  
269-271 Old Northern Rd  
Castle Hill NSW 2154  
P: 02 9394 8445

### Eastwood

Ryde Medical Centre  
Suite 2, 35 Fourth Ave  
Eastwood NSW 2122  
P: 02 9874 9000

### Five Dock

96 Great North Rd  
Five Dock NSW 2046  
P: 02 9713 4611

### Frenchs Forest

Forestway Shopping Centre  
Cnr Warringah Rd and  
Forest Way  
Frenchs Forest NSW 2086  
P: 02 9394 8438

### Gordon

The Gordon Centre  
Suite 4, Level 2  
802-808 Pacific Hwy  
Gordon NSW 2072  
P: 02 9394 8430

### Hornsby

Hornsby House  
Suite 8, Level 1  
32 Florence St  
Hornsby NSW 2077  
P: 02 9394 8860

### Mascot

Mascot Medical and  
Dental Centre  
934 Botany Rd  
Mascot NSW 2020  
P: 02 4723 9700

### Mosman

Mosman Bridgepoint  
Shopping Centre  
1-3 Brady St  
Mosman NSW 2088  
P: 02 9394 8440

### Neutral Bay

Suite 4  
14 Waters Rd  
Neutral Bay NSW 2089  
P: 02 9908 5300

### Newtown

Suite 2A  
155 Missenden Rd  
Newtown NSW 2042  
P: 02 9565 2521

### Penrith

Suite 1  
2-6 Castlereagh St  
Penrith NSW 2750  
P: 02 4723 9700

### St Ives

St. Ives Shopping Village  
166 Mona Vale Rd  
St Ives NSW 2075  
P: 02 9394 8855

### Sydney

Dymocks Arcade  
Suite 10, Lvl 10  
428 George St  
Sydney NSW 2000  
P: 02 9223 0225

### Warriewood

Centro Shopping Centre  
12 Jackson Rd  
Warriewood NSW 2102  
P: 02 9394 8447



**sydney symphony  
orchestra**

**David Robertson**  
Chief Conductor and Artistic Director

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