

# FREEING THE CAGED BIRD



Developing Well-Coordinated,  
Injury-Preventive Keyboard Technique  
with  
BARBARA LISTER-SINK

## *Freeing the Caged Bird: Developing Well-Coordinated, Injury-Preventive Piano Technique Order Form*

Length: 160 minutes

Available on DVD for \$39.95 plus \$4.75 postage and handling. To order with check or money order payable to WINGSOUND, return form and check or money order to:

Barbara Lister-Sink, Executive Director  
WINGSOUND International  
P.O. Box 575  
Lewisville, NC, USA 27023

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

COUNTRY (*If other than the US*) \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

PLEASE SEND ME:

\_\_\_\_\_ Copies of the DVD at \$39.95 plus \$4.75 postage and handling

HOW DID YOU HEAR ABOUT THE VIDEO? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_