



Doctor of Musical Arts Lecture Recital

Thursday, April 30, 2026

11am, Mixon Hall

Chris Gokelman, viola

Lecture on Heart-Brain Coherence for Musicians

- I. Coherence and the Heart
- II. Priming the Brain for Flow
- III. A More Coherent Musician

~ DEMONSTRATION ~

Varsha

Reena Esmail
(b. 1983)

Sonata for Solo Viola

II. Loop

György Ligeti
(1923–2006)

Variations on an Original Theme, Op. 10

Joseph Joachim
(1831–1907)

Jacob Bernhardt, piano

String Quartet No. 4, Sz. 91

- II. Prestissimo, con sordino
- V. Allegro molto

Béla Bartók
(1881–1945)

*Hadar Zaidel & Sebastián Orellana, violin
Jacqueline Pegis, cello*

Chris Gokelman is a student of Jeffrey Irvine and Lynne Ramsey.

*Incredible gratitude to my primary teachers, Dr. Urista, my parents, Annabelle,
and my amazing collaborators. Your support has been invaluable.*