



the older players in Norway do not read or write music and their tunes are preserved by students and archivists who transcribe the notes from a live performance for the sake of posterity.”

Practice makes perfect.

Bentley Pollick spends three or more hours a day practicing, and more if she’s preparing for an upcoming concert. Something she says she has to juggle with performing.

“It’s a fine line—how much to perform and how much to practice,” she explains. “You never get enough practice and you love the adulation when you’re on stage. But, when I’m on stage, it is really just a fraction of what I am. It’s just what I’m doing that day—the pieces I’ve selected for that time. I’ve always loved performing and being around people. A musician’s life is interesting because we do spend so many hours alone to hone our art and ‘be warm.’ My body temperature has to be perfect ... the hall has to be the perfect temperature ... the instrument has to be the right temperature. It is a hyper-awareness, and I believe that being inside the music keeps you healthy. It requires constant reinforcement and feedback—a kind of wellness.

“When I practice, I map out exactly how I want to play each

gesture, searching for different fingerings and bowings. And in that process, I settle on a fingering that I prefer. Once you decide what you want to do, then you drill it in and make it routine and consistent. Then, you think about the performing aspect of it and how to add the extra spices.

“There is never enough time to practice. As with anything you desire to do, it requires passion. If I can get in three hours a day, I’m good, but it still isn’t enough. But life is more complex now. I’m not living in a little studio apartment like I was when I started out in New York. It is a juggling act. I’m always working on my schedule—my in-town schedule, my out-of-town schedule, along with David’s schedule. I’m always concerned with the map of where we’re supposed to be.”

She’s passionate about music and the instruments she plays.

She loves playing the violin, viola, piano, and especially the hardangerfele.

“The violin is the closest instrument to the soprano voice in range and expressivity,” Bentley Pollick says. “The sound of a violin and its overtones under the left ear are soothing and highly addictive. On the violin, expressive intonation is possible by shrinking or widening half steps, as opposed to the piano where the pitches are set. I also enjoy the practice routine necessary to keep in peak condition, which is a combination of athletics and meditation. I integrate aspects of yoga into my performance and

From a review of Dancing Suite to Suite on Musicweb

“Her latest CD is another shining example of her incredible versatility as a soloist and as a vibrant musician ... The sheer tonal beauty of her violin playing, her clarity, her phrasing, her ability to give each movement a special quality of its own captivates. Surely, this work should soon be part of every violinist’s repertoire. The technical quality of this CD is excellent and matches its contents.”

transfer the benefits of practicing yoga postures into increased stamina and control. I believe a committed dedication to cultivating an art form leads to superior mental and physical health.

“In the Renaissance and Baroque eras, the role of the violin evolved from its use as a dance instrument, its sonority projecting over the other instruments and thus taking over the lead role. In the Classical period, composers wrote the melody for violin with accompaniment in the instruments below.”