

# Rena Urso

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## **HIGHLIGHTS OF QUALIFICATIONS**

- \*Professional orchestral flutist/piccoloist.  
Other instruments include alto flute, Chinese D'izi, Indian Bansuri, Recorder and Penny Whistle.
- \*Faculty California State University Long Beach and California State University Stanislaus.
- \*Developed new course for the curriculum at CSULB, *Body Mapping for the Performing Artist*.
- \*Licensed Body Mapping Educator.
- \*Course Coordinator for CSU Summer Arts' course *The Complete 20th Century Flutist*.
- \*Regular contributor with monthly column for *The Flute View*, international flute publication.
- \*Regular teaching artist, performer and contributor for the *International Piccolo Academy*.
- \*National and International recognition as a masterclass clinician and performer.

## **EDUCATION**

California State University, Long Beach; Long Beach, CA  
Master of Music, Flute Performance 1996 Summa Cum Laude, Graduate Teaching Assistant  
Masters Thesis: *Cèsar Franck's Violin Sonata in A Major: Performance Practice Problems for Flutists*

Wayne State University; Detroit, MI  
Bachelor of Music, Flute Performance 1992

Licensed Body Mapping Educator 2013

Certified RYT-200 Yoga Instructor 2020  
Certified Meditation Instructor 2020

## **EMPLOYMENT**

### **UNIVERSITY FACULTY**

**Bob Cole Conservatory of Music at California State University, Long Beach; Long Beach, CA  
Adjunct Faculty, Instructor of Flute 1995 - Present**

*Duties: Private flute and piccolo instruction; Course creator and instructor of Body Mapping for the Performing Artist; Committee member for MM students' theses; Audition panel for BCCM entrance and ensemble placement auditions; Coordinator for annual faculty chamber music concerts; Coordinator of annual studio orchestral mock auditions; Recruitment.*

*Other courses taught: Remote Recording, Woodwind Chamber Music, Flute Studio Class, Woodwind Orchestral Literature.*

**California State University Summer Arts, Course Coordinator 2016 - Present**

*Duties: Create and run two week summer course; Select guest artists; Create course syllabus and daily schedule; Recruit students; Facilitate scholarships; Coordinate with Jane Conoley, CSULB President, to provide scholarships for CSULB COTA students of any discipline of the arts attending Summer Arts; Teach and perform at the course.*

**California State University Stanislaus, Adjunct Fine Arts Faculty, 2018 - Present**

*Duties: Teach Introduction to Fine Arts, coordinate trips to local orchestral, theatre, and art events. Other activities: Sound designer for Theatre Department.*

## **ORCHESTRAL**

Oakland Symphony (CA); 2<sup>nd</sup> Flute 2004 - Present  
Pacific Symphony; Substitute 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, Alto Flute, Piccolo 2011 - Present  
Detroit Symphony Orchestra; Substitute 2<sup>nd</sup>, 3<sup>rd</sup>, Alto Flute, Piccolo 1997 - 2008  
Seattle Symphony; Substitute 2<sup>nd</sup> Flute/Piccolo 2009  
Los Angeles Chamber Orchestra; Substitute 2<sup>nd</sup> Flute 2016 - Present  
Santa Barbara Chamber Orchestra; Substitute 1<sup>st</sup> Flute, Piccolo 2006 – 2017  
San Francisco Chamber Orchestra; Substitute 2<sup>nd</sup> Flute, Alto Flute, Piccolo 2015 – Present  
Monterey Symphony; Substitute 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Flute/Piccolo, Alto Flute 1999 – Present  
Marin Symphony; Substitute 2<sup>nd</sup>, 3<sup>rd</sup> Flute/Piccolo 2009 – Present  
Modesto Symphony; Substitute 1<sup>st</sup> Flute 2015 - Present  
California Symphony; Substitute 2<sup>nd</sup>, 3<sup>rd</sup> Flute/Piccolo 2002 – Present  
Berkeley Symphony; Substitute 2<sup>nd</sup>, 3<sup>rd</sup> Flute/Piccolo, Alto Flute 1999 - Present  
Pageant of the Masters Orchestra; Laguna Beach, CA, Substitute 1<sup>st</sup> Flute 2006 – 2013  
Long Beach Symphony; Substitute 2<sup>nd</sup> Flute/Piccolo 2010  
Santa Rosa Symphony; Substitute 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Flute/Piccolo, Alto Flute 1998 - Present  
Honolulu Symphony Orchestra; Substitute 3<sup>rd</sup> Flute /Piccolo 2004

## **OPERA**

San Francisco Opera; Substitute 1<sup>st</sup> Flute, 3<sup>rd</sup> Flute, Piccolo 2013 - Present  
San Francisco Opera Center; 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Flute, Piccolo 2000 – 2019  
San Francisco Opera's Western Opera Theater; 2<sup>nd</sup> Flute / Piccolo 2000 - 2002 Tours  
New York City Opera, National Company; 2<sup>nd</sup> Flute / Piccolo 1999 & 2000 Tours

## **BALLET**

Bolshoi Ballet; Performances in CA, Piccolo 2009, 2012  
American Ballet Theater; Performances in CA, 2<sup>nd</sup> Flute, Piccolo 2001, 2007, 2011, 2015  
Mark Morris Dance Group; Performances in CA, 2<sup>nd</sup> Flute, 3<sup>rd</sup> Flute/Piccolo 2008, 2009

## **NATIONAL TOURS - BROADWAY SHOWS**

Wicked National Tour; Fresno, CA 2011, 2014, 2019  
Phantom of the Opera; Fresno, CA 2016

## **CHAMBER MUSIC**

Alcyone Ensemble; Two Flute and Piano Trio, Founding member 2009 - Present  
Bella Musica; Flute and String Trio, Founding member 2001 - Present  
Del Lago Trio; Flute, Clarinet, and Cello Trio

## **MUSIC FESTIVALS**

Oregon Coast Music Festival Orchestra; Coos Bay, OR, 2<sup>nd</sup> Flute & Piccolo 1998 – Present  
Carmel Bach Festival; Carmel, CA, Flute 2014  
Festival Mozaic; San Luis Obispo, CA, Piccolo 2014, 2016

## **BODY MAPPING WORKSHOPS & MASTERCLASSES**

The Juilliard School 2016, 2018  
Manhattan School of Music 2015, 2021  
Rice University, 2017, 2018  
University of Southern California 2019  
Conservatoire National Supérieur de Musique de Lyon 2021  
Rutgers University 2016  
University of Wisconsin, Madison 2020  
SUNY Stony Brook, Annually 2013 - Present  
Butler School of Music at University of Texas, Austin 2017  
Arizona State University 2017, 2018  
Roosevelt University 2017  
Wayne State University 2016  
Elmhurst College 2016, 2017  
Wheaton College 2016

(Continued)

Biola University 2016, 2019

Texas Tech University 2017

West Texas A & M 2017

California State Universities:

Long Beach, San Diego, Fresno, Stanislaus, Sonoma, and Chico 2013 - Present

University of Iowa, Flute and Piccolo Intensive Summer Course, Annually 2014, 2015, 2017, 2018

International Piccolo Festival, Grado, Italy 2017, 2019

Andover Educators Biennial Conference 2015

## **AUDITIONS**

Finalist, Berkeley Symphony, Piccolo 2011

Semi-Finalist, Metropolitan Opera Orchestra, 2nd Flute/Alternate Piccolo 2004

Winner, Oakland Symphony, 2nd Flute 2004

Finalist, San Francisco Opera, Piccolo/3rd Flute 2002

Finalist, Marin Symphony, Piccolo 2001

Winner, New York City Opera, National Company, 2nd Flute / Piccolo 1998

Runner-up, Santa Rosa Symphony, 2nd Flute 1997

Runner-up, San Jose Symphony, 2nd Flute 1997

Winner, Birmingham Bloomfield Symphony Orchestra 1988

## **SOLO APPEARANCES**

The Chamber Orchestra of Philadelphia 1999

Palos Verdes Symphonic Band 2017

Performances as faculty soloist with the ensembles BCCM at CSULB

## **WORKS COMMISSIONED**

*... y el aire estaba cargada de flores y de pájaros ...* Adriana Verdie  
(Two Flutes, Clarinet, and Piano)

*Suite for Piano Quartet* Lisa Marsh  
(Two flutes, Cello, and Piano)

"BAF" *Concerto for Flute* Perry La Marca

*Blister and Wow* Daniel Felsenfeld  
(Two flutes and Piano, each flutist playing flute, piccolo and alto flute)

*Four Vignettes for Flute and String Trio* Roger Stubblefield

## **PUBLICATIONS**

The Flute View; "Finding Balance with Life and Art" January 2021

The Flute View; "Reflection and Gratitude." December 2020

The Flute View; "Authenticity." October 2020

Arizona Flute Society Newsletter: "Breathe." October 2020

The Flute View; "The Benefits of Meditation." September 2020

The Flute View; "Getting to Know Your Psoas." June 2020

The Flute View; "The Process is the Product." May 2020

The Flute View; "Taking What You Need." April 2020

The Flute View; "Your Flexible Spine." February 2020

The Flute View; "Breathe." January 2020

The Flute View; "The Positive Side of Injury." November 2019

The Flute View; "Understanding the Connection Between Your Arms and Tongue Can Improve Your Articulation." October 2019  
The Flute View; "Discovering and Maintaining a Floating Ease in Our Arms." September 2019  
The Flute View; "Rallentare un po' (Slow Down a Little)" July 2019  
The Flute View; "How You Do Anything Is How You Do Everything." June 2019  
The Flute View; "Explore a More Grounded Performance by Going Barefoot." May 2019  
The Flute View; "Follow the Yellow Brick Road to a More Enjoyable Warm Up." April 2019  
The Flute View; "Get to Know Your Hands: How Body Mapping Can Help with Your Recovery Process After an Injury." March 2019  
The Flute View; "Playing with Fluidity and Ease." February 2019  
The Flute View; "Creating and Refining Better Habits in Your Practice Room." January 2019  
The Flute View; "Breathe and Stretch to Maintain Your Inner Peace (and awesomeness) During the Busiest Time of the Year!" December 2018  
Encore Music Publications, "What Would Clem Have Said?" April 2014

## **OTHER AFFILIATIONS & HONORS**

Member of American Federation of Musicians Locals 6  
Member National Flute Association Performance Health Committee  
Member National Flute Association  
Most Inspirational Professor CSULB 2012 - 2013  
Oakland Symphony Artistic Advisory Committee 2015 - Present  
Oakland Symphony Players Committee 2007 - 2008  
Oregon Coast Music Festival Players Committee 2010 - 2012, 2019 - present  
Pi Kappa Lambda National Music Honor Society 1996