

Rena Urso enjoys a thriving career as a freelance orchestral and chamber musician all over California. In addition to being the Second Flutist of the *Oakland Symphony* and the *Oregon Coast Music Festival Orchestra*, she is on the faculty at the Bob Cole Conservatory of Music (BCCM) at California State University Long Beach and a teaching artist for the *International Piccolo Flute Academy* and *tonebase*. Previously, Rena held the position of Second Flute and Piccolo of the *New York City Opera National Company* and *San Francisco Opera's Western Opera Theater*.

A regular substitute/extra with many of the orchestras throughout California including the *San Francisco Opera*, *Pacific Symphony*, *Monterey*, *Fresno*, *Marin*, *Santa Rosa*, *Berkeley*, *Modesto*, *Sacramento*, and *California Symphonies*, Rena has also performed with the *Detroit Symphony Orchestra*, *American Ballet Theater*, *Bolshoi Ballet*, *Mark Morris Dance Group*, *Los Angeles Chamber Orchestra*, *Seattle Symphony*, *Pageant of the Masters Orchestra*, *Carmel Bach Festival*, *Festival Mozaic* and the *Hawaii Symphony*. A versatile musician who has recorded for video games, television, radio, and film, Rena has also performed extensively with the National Tours of *Wicked* and *Phantom of the Opera*.

As a Licensed Body Mapping Educator Rena presents workshops and masterclasses all over the world, as well as the course she created at BCCM, *Body Mapping for the Performing Artist*. Dedicated to fostering the next generation of Body Mapping teachers, Rena serves as a training mentor for the Association of Body Mapping Educators. From 2018-2023, her popular recurring column in *The Flute View* covered a myriad of topics related to injury prevention and musicians' wellness. Her book, *Mindful Flute Etudes: Transform Your Playing with Body Mapping and Melody Mining*, a collaboration with her colleague Amy Likar, was released in 2025. As a RYT-200 certified yoga instructor and certified meditation instructor, Rena teaches in the Chicago area, virtually over Zoom, and leads yoga retreats in Italy.

Since 2015, she was a Course Coordinator for California State University Summer Arts. In this role, Rena successfully led a recurring flute course *The Complete 21st Century Flutist: The Global Artist* both in California and in Mondovi, Italy, along with her team of internationally renowned master teachers and flute pedagogues. Beginning in 2025, Rena will take this unique course in an exciting new direction, as Artistic Director, offering the course annually in Mondovi, Italy at the *Academia Montis Regalis*.

Highly sought out as a guest artist for flute clubs, summer festivals, and arts organizations around the US and Europe, Rena has been a frequent guest artist at the International Piccolo Festival in Grado, Italy, among others. An active member of the National Flute Association, Rena regularly performs/presents at the annual conventions and has written for *The Flutist Quarterly*. Often adjudicating for many of the annual competitions, she has also served as a member of the NFA's Performance Health, Nominating, and Review Committees.

A native of Detroit, Michigan, Rena received her Bachelor of Music from Wayne State University, and her Master of Music with honors from California State University Long Beach. She is extraordinarily grateful for her mentors; Robert Patrick, Clement Barone Jr., Dr. John Barcellona, Anne Zentner, and her father, former Assistant Concertmaster for the Detroit Symphony Orchestra, Santo Urso.

Rena has played Muramatsu flutes exclusively for her entire career and performs on a 9k Muramatsu flute, Keefe piccolo, and Yamaha alto flute.