



# GIA SASTRE

## Classical Flutist & Flute Professor

It is my personal mission and commitment to continue learning and performing at the highest level and to fully invest in my flute students for the purpose of their success and growth - as musicians, in their specific career field, and most significantly, as people.

📞 | 904-654-8979

✉ | [info@giasastre.com](mailto:info@giasastre.com)  
[g.sastre@unf.edu](mailto:g.sastre@unf.edu)

🖱 | [www.giasastre.com](http://www.giasastre.com)

📍 | 7850 Blackstone River Drive East  
Jacksonville, FL 32256

## Education

2003-2005 **Master of Music in Flute Performance with Highest Honors**  
**DePaul University, School of Music, Chicago, IL**

*Thesis:* Comprehensive Review of Baroque Flute Ornamentation, Mozart Cadenzas & Curriculum Development and Pedagogy; Emphasis on Orchestral Studies

Student of Mary Stolper, Louise Dixon, and Anita Miller-Rieder (Baroque Flute)  
Suzuki Flute Certification, McMaster University, Hamilton, Ontario (2006)

2002-2003 Independent Performance Study with Christina Smith,  
Principal of the Atlanta Symphony Orchestra  
Atlanta, GA

1998-2002 **Bachelor of Music in Flute Performance, Summa Cum Laude**  
**Florida State University, College of Music, Tallahassee, FL**  
Minor in British Studies

Student of Eva Amsler, Charles Delaney, Stephanie Jutt  
Independent Performance Study with Paul Edmund-Davies, Principal of the London Symphony Orchestra  
London Study Centre, London England

## Professional Teaching Experience

2014-Present Adjunct Flute Professor,  
University of North Florida, Jacksonville, FL

Applied, Secondary Lessons, regular masterclasses/workshops and flute ensemble for music majors.  
UNF Flute Day, UNF Musician's Wellness Day, UNF Summer Music Camp

2003-Present Private Flute Studio Owner  
Atlanta, GA, Chicago, IL and Jacksonville, FL

2003-2009 Flute Faculty, Flute Ensemble Conductor  
DePaul University School of Music, Community Music Division, Chicago, IL  
New School of Music, Chicago, IL  
SOAR Program (Student Outreach & Re-engagement), Chicago, IL

2005-Present Speaker, Presenter, and Workshop Clinician  
University of North Florida, Florida State University, Emory University, DePaul University, St. Xavier University, among others. Topics have included flute repertoire, pedagogy, flute technique, breathing and phrasing as well as entrepreneurship, and overcoming performance anxiety.

# Professional Performance Experience

---

- 2009-Present Flute/Piccolo, sub  
Jacksonville Symphony Orchestra, Jacksonville, FL  
Coastal Symphony of Georgia, Brunswick, GA
- 2003-2009 Flute/Piccolo  
Oistrakh Symphony Orchestra, Chicago, IL  
Highlands Symphony Orchestra, Highland Park, IL  
Elgin Opera Orchestra, Elgin, IL
- 2002-2003 Emory University Symphony Orchestra, Atlanta, GA
- 2003-Present Freelance Chamber Musician  
Atlanta, GA, Chicago, IL and Jacksonville, FL  
CUBE Ensemble - New Music  
Accessible Contemporary Music  
The Seram Flute Quartet  
Abellimento Flute & Harp Duo, Chicago, IL  
The Vivace Trio, Jacksonville, FL
- 2003-Present Solo Recitalist  
EMMA Concert Series, Waterworks, St. Augustine, FL  
Florida Flute Association Convention  
Friday Musicale, Jacksonville, FL  
Chamber Music Society of the Good Shepherd, Jacksonville, FL  
Preston Bradley Hall, Chicago Cultural Center  
The Art Institute of Chicago, Chicago, IL  
University of North Florida, Florida State University, Emory University, among others
- 2006 Recording Artist - Recording: Abellimento: Classics for Flute and Harp  
Apple Music and Pandora

# Additional Professional Experience

---

- 2003-Present Writer, Author  
Articles for publication  
Multiple articles written and published with topics ranging from etude study, proper flute technique, overcoming performance anxiety, freelancing as part of a portfolio career, and breathing for the flutist. In 2024, "*Breakthrough*" will be released - a comprehensive e-book and guide with reflection space for musicians battling performance anxiety issues.
- 2003-2007 Program Designer & Publisher  
DePaul University School of Music, Chicago, IL
- 1998-Present Association Memberships & Affiliations  
Florida Flute Association: Member, Performer, Masterclass Chairperson, Adjudicator  
National Flute Association: Member, Auditor  
Chicago Flute Club: Member, Performer, Program Design  
Atlanta Flute Club: Member, Performer  
Musician's Club of Women: Member, Performer, Award Winner  
Jax Flutes: Founder, Member, Performer, Clinician  
University of North Florida Flute Club: Co-Founder, Faculty Advisor

# References

---

Dr. Clarence Hines  
Chair of the School of Music  
University of North Florida  
c.hines@unf.edu

Dr. Erin Bodnar  
Wind Symphony Director  
University of North Florida  
erin.bodnar@unf.edu

Eva Amsler  
Flutist, Professor Emeritus  
Florida State University College of Music  
eamslers@admin.fsu.edu

# Biography

---

Classical flutist, Gia Sastre performs as a freelance soloist, chamber musician and orchestral player. Most recently, she performed recitals for the EMMA Concert Series of St. Augustine, the Florida Flute Association, and the University of North Florida. Other notable solo engagements have included recitals at Preston Bradley Hall in the Chicago Cultural Center, the Art Institute of Chicago, the Friday Musicale of Jacksonville, Music @ Main Intermezzo Series, Riverside Fine Arts, the Ponte Vedra Library Series, the Music on Monroe Series, and Riverside Presbyterian's Wednesday Happenings.

As a chamber musician, Ms. Sastre performs as part of the Vivace Trio, a Jacksonville-based two flute and piano ensemble. She also performed many years with Chicago harpist AnnLaura Tapia as part of Abellimento Flute & Harp duo. Their recording, Abellimento, a collection of flute and harp classics is available on Pandora and Apple Music. In addition, she has appeared with Chicago's CUBE ensemble, Accessible Contemporary Music, the Seram Flute Quartet, the Elgin Opera Ensemble, and the Chamber Music Society of the Good Shepherd, among others. As an orchestral player, she has had the opportunity to perform with many orchestras, including the Jacksonville Symphony Orchestra and the Coastal Symphony of Georgia.

As an educator, Ms. Sastre works with many dedicated and talented students as professor of flute at the University of North Florida and through her private studio. Ms. Sastre has presented recitals and masterclasses at Florida State, Emory, DePaul, and St. Xavier University and has helped present the Annual UNF Flute Day and UNF Summer Music camps. Recently, Ms. Sastre launched Flute Sectionals: creative and interactive virtual flute classes specifically for advanced high school flutists. Additionally, Ms. Sastre has written articles and given numerous presentations on overcoming Musician's Performance Anxiety and will be publishing her e-book, Breakthrough during the fall of 2024.

She is a life-long member, as well as the 2023-2024 Chair of the Convention Masterclasses for the Florida Flute Association. In addition, she is a member and Farwell Award winner of the Musicians Club of Women. Originally from Miami, Fla., Ms. Sastre holds a Master of Music in Flute Performance from DePaul University in Chicago, where she studied with Mary Stolper and a Bachelor of Music in performance from Florida State University, studying under Charles Delaney and Eva Amsler. Ms. Sastre also traveled to Great Britain to pursue a resident course of study with Paul Edmund-Davies, then principal flutist of the London Symphony Orchestra. Her most valued role is being wife to her high school sweetheart Dr. Aris Sastre and mother to their three amazing sons: Ari, Eli and Caleb.