



10 Alexander Technique Tips for Flute Players

1. Find your best body alignment and posture BEFORE you bring the flute to your head/mouth.
 - Weight evenly falling through both feet.
 - Hips, knees, and ankles all have the potential for movement.
 - Whole body lengthened and widened - head to feet.
2. Sense the weight of your flute in your hands before you move.
3. Bring your flute up to your head/mouth rather than take your head to your flute. (all the way up – even the last few inches)
4. Support your flute from underneath.
 - Wide back (from shoulders through the back of pelvis)
 - Elbows away from your back.
5. Direct the air in and up above your tongue as you breathe in.
 - This will help you maintain and reestablish your length while you play.
 - Keep your neck free on your inhale so there is no sound on the inhale. No gasping.
6. Allow your entire back to widen as you inhale.
 - You will sense your lower back ribs moving.
 - Allow your abdomen to expand on the inhale.
7. Leave your tongue easy while you play.
8. Let the air move up toward the top of your head as you exhale and play.
9. Stay free (no bracing or locking joints) while you play.
 - Continue to sense your weight on the floor while you play.
 - Keep your ankles, knees, and hips free while you play.
10. Allow the onset of the sound to be easy.
 - No pushing or blowing air.

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