

**Warm Up Your Body, Warm Up Your Flute:
Daily physical exercises designed for practical application
to flute technique and musicianship**

by

Sheryl Cohen

I. PRACTICE WITH INTENTION

- A. Leave the past behind
- B. Warm up mindfully
- C. Listen without preconception

II. THE FEET FIRST PRINCIPLE

- A. Balance on your tiptoes
- B. Balance on your heels
- C. Balance on the outside of your feet
- D. Balance on the inside of the feet
- E. Place feet far apart

III. THE PELVIC PRESCRIPTION

- A. Drop weight into each hip joint
- B. Center weight directly over pelvis
- C. Lift up out of hips joints

IV. SHOULDER SOLUTIONS

- A. Drip shoulder blades down the back
- B. Arm stretches
- C. Draw circles with arms
- D. Proud Banker pose

V. WHOLE HEAD HAPPENINGS

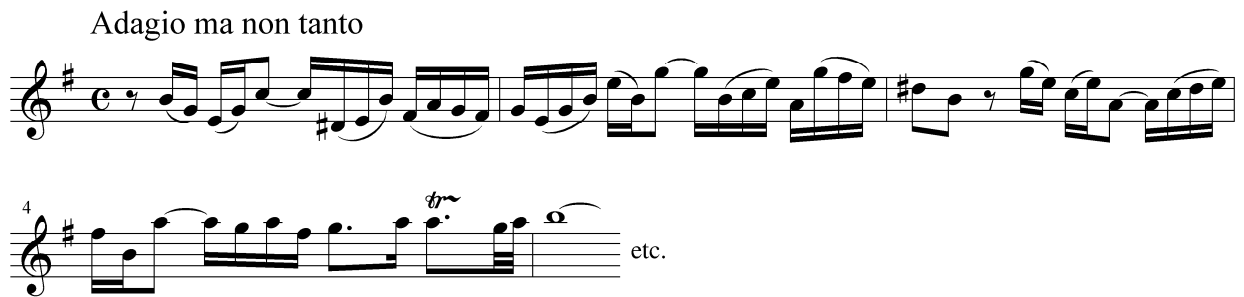
- A. Focus on face
- B. Focus on back of head
- C. Float head on top of spine
- D. Play with whole head and neck

*All musical examples from Sheryl Cohen, *Bel Canto Flute: The Rampal School* (Cedar Falls: Winzer Press, 2003). © 2003 by Sheryl Cohen.

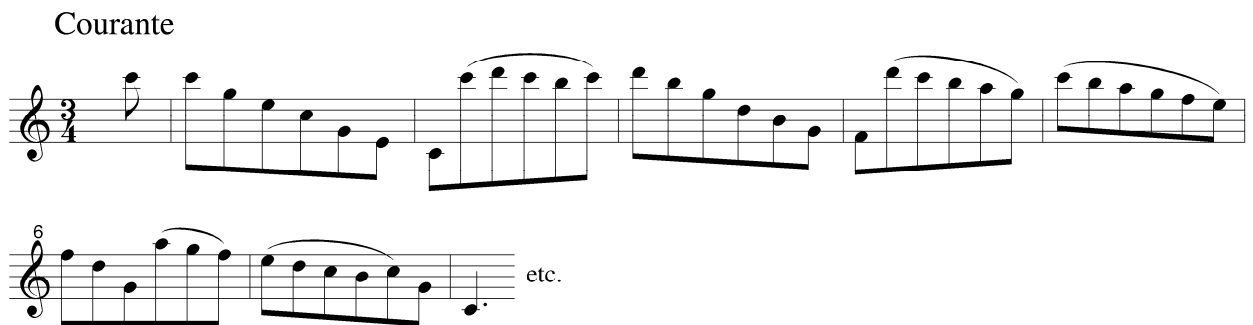
Example 1: Modeled after Taffanel-Gaubert *Daily Studies*, No. 4*



**Example 2: Bach Sonata for Flute in E Minor, BWV 1034
Adagio ma non tanto, measures 1-5**



**Example 3: Courante from Bach Suite for Cello in C Major, BWV 1009,
Measures 1-8**



Example 4: Andante from Sonata in C Major BWV 1033, measures 1-2



Example 5: Courante from Bach Suite for Cello in C Major, BWV 1007, Measures 1-8

