

# Lisa Lutton

## Flute & Alexander Technique

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### Some suggestions for at-home exploration:

Videotape Yourself – This is a great way to find out more about what you're actually doing. See if you notice any ways in which you're losing your easy uprightness. Video tape yourself again, while thinking that you'd like to be doing less and intending to regain your uprightness. Notice whether that changes how you feel. Watch the tape, and notice any visual or aural changes.

Spread your wings – Practice using your arms differently, with and without the flute. Explore your full range of arm motion, while asking your muscles for more ease and undoing. When you arrive in your habitual playing position, take some time to remind yourself to do less, and clarify your intention to be regaining your uprightness. Undo any tendency to stiffen or brace to hold the flute up. Then, choose to play, or perhaps just choose to continue to move your arms freely and fluidly.

Bring more "play" to your playing – Spend a little time every day reframing your practice sessions as play sessions. Play, experiment, be curious and explore. See how much effort you can remove from your playing. Even if you sound bad for a few minutes, you might end up making some really interesting discoveries!

Hit the deck – Spend 10 minutes every day lying down on the floor with some books supporting your head, with your knees up and feet on the floor. Practice doing less and intending to be lengthening and widening. Use this as a step towards learning to do less when playing (or sitting at a computer, or walking, or driving, or...anything). This is a great practice break! I've got a PDF study guide describing this in more detail. Email me if you'd like a copy.

Read a book about it – There are many great books that can help you understand the Alexander Technique better. I recommend *Body, Breath and Being* by Carolyn Nicholls. Flute World has a few copies available here at the convention if you'd like to pick one up.

Take a lesson – Please, *don't* take my word for it! Give yourself the gift of at least one private lesson so you can see for yourself how the Alexander Technique might help you. There is a national directory of teachers at [www.alexandertech.org](http://www.alexandertech.org).

Good luck and have fun!