

1. More Effective Practice

- Increase awareness
- Reduce tension and stress on body
- Work away from instrument
- Rest and recover

2. Embodied Practicing

Engaging your whole self:

- Body
- Mind
- Emotions
- Multi-sensory awareness
- All your musical training

3. Develops Artistry

You are an artist!

4. Warm-ups

- Whole-body
- Using full range of motion in arms
- Feel connection to floor - support for whole body
- Get blood pumping
- Repeat for more energy or when you've been over-using the upper body

5. Awareness

- Multi-sensory awareness engages whole self
 - On location
 - In imaginary environment
 - On stage

6. Learning music without flute: Analyze

- Structure
 - Similarities and differences of each section
 - Purpose of each section
- Harmony
 - Harmonic progressions
 - Emotional language of harmony

7. Analyze, cont

- Emotion
 - Emotional content/meaning of each movement, phrase, section
- Quality of movement
 - Needed for each emotion
- Historical, cultural, environmental meaning
 - A holistic approach

8. Analyze, cont.

- Breath
 - Articulation
 - Dynamics
- How each enhances the meaning of the
- Phrase
 - Section
 - Movement
 - Piece

9. Learning music without flute: Imaginary Practicing

- "Mental" practicing - research
- Bb scale - top octave
 - Comfortable speed
 - Embouchure
 - Tongue

- Fingers
- Breathing
- Body awareness
- Slurred, *f*, *p*, *cresc.*, *staccato*, etc.

10. Notice

- When the notes get foggy
- Which ones tend to blur
- Where in the scale you tense up
- Where in your body you tense up

11. Alternating Imaginary with Regular Practicing

- Go back and forth between the 2
- Are you adding any unnecessary work when you play?
- Gradually speed up
- Vigilantly observe any tension creeping in
- Go back to imaginary practicing until you can get it at the new tempo in your imagination

12. 4 B's

- B4 bringing up your flute:
 - B aware (of yourself and the world around you)
 - B balanced
 - B supported
 - B breathing

13. Prepping for performance

- Trust your body to do what it knows how to do
- Think primarily about the music - the emotion, the meaning. EMBODY it!
- Don't run through passages at tempo
- Instead, slowly go through tricky spots in your multi-sensory imagination

14. Rest and Recovery

- How long before a break?
- Constructive rest
- Imaginary practicing
- Stretching

15. Rest and recovery, cont.

- Inclusive (multisensory) awareness:
 - Deepens breathing
 - Lowers stress
 - Stimulates the automatic postural reflexes that keep you upright and make you coordinated
 - Does not "zone you out"

16. Summary

- Keep your body moving and flexible with warm-ups, stretching and constructive rest
- Approach music making with your whole self - all senses, emotions, and understandings
- Limit time at the instrument (and protect your hearing & body) with imaginary practicing
- Discover exactly what movements you need to create the sounds you want
- Trust what you've practiced

17. Thank you!

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Article in Flute Focus: "Navigating Embodied Practicing"
Google it