A Healthy Flutist's Daily Diet

BREATHING

Eight Count Exercise: Inhale for 8 beats, exhale for 8, repeat; inhale for 6, exhale for 8, repeat; in for 4, out for 8; in for 2, out for 8; in for 1, out for 8, repeating each. Try with and without the flute. In order to evenly gauge the use of your air make sure that during 8 counts you are only half full after 4 beats of inhalation, and 25% empty after 2 beats, etc.

Extended Chromatics: Set the metronome to =80 and play two octaves of chromatics in one breath, starting on a note of your choice, slurred, ascending and descending, in eighth notes. Try this again with the metronome set to =76. Continue moving the metronome down one notch at a time until you can no longer play both octaves in one breath.

STRETCHING-

Triangle Pose - Trikonasana Spread feet 3-4 ft. apart, bring arms to parallel, bend to one side, arms perpendicular with the floor and hold for 5 breaths. Repeat on opposite side.

Forward Bend - *Prasarita Padotanasana* Spread feet legs width apart, fold forwards and grab inside of big toes. Variation 2: Clasp hands behind the back, lift palms away from tailbone and fold forwards. Hold each for 5 breaths.

Warrior Pose - Virabhadrasana Walk right foot forward and bend right knee to line up over the ankle. Lift arms over head and interlock the bottom three fingers. Hold for 5 breaths and repeat on the opposite side.

Tree Pose - Vikrasana Balance on one foot, place sole of other foot on the inside of the opposite thigh, bring hands to the heart and hold for five breaths. Repeat on the other side.



Triangle Pose



Forward Bend 1



Forward Bend 2



Warrior



Tree



