

## Exercises for Your Primary Instrument – Yourself

We'll start off our time together with Donna Maebori taking us through breathing, stretching and posturing activity using Yoga and movements from the *Feldenkrais Method*® to get all set for really enjoyable playing together.

Ideas for good choices prior to playing the flute, while you are practicing, and afterward, will be presented.

These easy and gentle exercises will be done in standing, maybe a couple in sitting. Ordinary clothing will do just fine.

Donna Maebori is a certified Feldenkrais Practitioner, retired physical therapist who specialized in treatment of persistent pain using yoga and Feldenkrais, fellow flutist and GPFS board member.

### Exercise Progression:

For before playing the flute. These can be any time in your day, doesn't need to be right before playing:

1. Alternate Nostril Breathing
2. Five-Pointed Star Pose
3. Tongue and Jaw Resting Positions
4. Forward Bend Stretch
5. Spinal Rotation Stretch
6. Arms Overhead Stretch and Side Bends
7. Front of Shoulders Stretch
8. Forward Facing Warrior Pose
9. Lion Pose
10. The Pendulum

While playing the flute:

11. Hands Stroking
12. Using the Vertical Axis
13. Walking smoothly

After putting your flute away:

14. Taking Sensing Yourself with you into your day
15. Four Phases of Breathing
16. Standing Palms together: Breastplate, Forehead, Over Head