

FLOW CHECKLIST: Relax, feel, listen, explore and enjoy!

by Eve Newsome, QCGU, 2017

Starting out:

1. How do I feel right now?
2. Can I change anything in my environment to ensure I am comfortable and ready to focus on my practice?
3. Am I warming up gradually by playing easy notes, breathing deeply and moving my whole body gently as if 'dancing' with my instrument?

Touch: Attuning the quality of touch

1. Am I really feeling my instrument as I play?
2. Can I feel the sensation of each and every note?
3. Can I feel each and every movement I am making?

Ease: Having a sense of 'not-doing' or 'not-working'

1. Does the contact with my instrument feel comfortable?
2. Do I feel relaxed as I play?
3. Does playing have a sense of ease?

Sound: Immersing yourself in your own sound

1. Do I really like and enjoy the sound I make?
2. Can I really hear the expression in my sound?
3. Can I feel the texture and hear the harmonics of my sound?

Practising repertoire:

1. How about I 'play around' a bit with the passage to explore it?
2. Am I using flexible rhythm and tempo to resolve challenges?
3. Am I playing at a comfortable dynamic level with an easy feeling to understand the music?
4. Can I simplify the music in order to get a feel for it?
5. Am I just playing through or am I really exploring my music?
6. What is this passage about and what does it mean to me?

Feeling the body:

1. Stretch and walk around for a few moments
2. Breathe in and out slowly several times
3. Jump up and down, shake your body and rub your hands together

Check points:

1. Am I being too perfectionistic?
2. Am I getting bored?
3. How much doing is in my approach - too much or too little?
4. Can I slow down and move gently to relax more, feel more and express more? (Most important!)