

21 Days of Guided Creative Practice

DAY 1

Mindset: [Ease](#) **Body:** Yoga or [Circle it](#) **Breath:** [Yoga](#)

CREATIVE FOCUS: HOW you START and RELEASE every sound today. Every note has a beginning and ending. Sculpt your sound!

SOUND EXERCISES:

- [Beautiful Notes & CF Harmonics](#)
- [Octave Plus 1/2 step with Harmonics](#)
- Moyse, De La Sonorite - #1- 5

MELODY:

- Moyse, 24 Little Melodic Studies, #1

TODAYS KEYS:

Major - C, G, F, Bb

Minor - a, e, d, g

Creative Practice Reminder: [Touch all the Keys & Use Creative Practice Sound Circle](#)

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- #1 - 5 note scales

- #2 - 5 note scales
- #5 - chromatic scales
- #10 - triads

Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 2

Mindset: [Balance](#) **Body:** Yoga / [6 balance points](#)
Breath: [Ho How Hawaii](#)

CREATIVE FOCUS: Awareness of breath using breathing idea and listening for **harmonic spectrum** in your sound.

SOUND EXERCISES:

- [Beautiful Notes & CF Harmonics](#)
- [Octave Plus 1/2 step with Harmonics](#)
- Moyse, De La Sonorite -#6- 11

MELODY:

- Moyse, 24 Little Melodic Studies, #2

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TODAYS KEYS:

Major - D, A, Eb, Ab

Minor - b, f#, c, f

Creative Practice Ideas: [Spaced learning & Chunking](#)

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- #1 - 5 note scales
- #5 - chromatic scales
- #10 - triads

Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 3

Mindset: Flexibility **Body:** Yoga /Arms & Hands

Breath: Winding

CREATIVE FOCUS: Embouchure Flexibility & Vibrato Choices.

SOUND EXERCISES:

- [Note Bending](#)
- [Tone & Tuner](#)
- [4 Styles of Vibrato](#)
- Moyse, De La Sonorite - #12- 17

MELODY:

- Moyse, 24 Little Melodic Studies #3

TODAYS KEYS:

Major - E, B, Db, gb

Minor - c, g#, b, eb,

Creative Practice Ideas: [Touch all the Keys](#) & Use [Creative Practice Sound Circle Chunking](#) & Chaining

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- #1 - 5 note scales
- #5 - chromatic scales
- #10 - triads

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Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 4

Mindset: Resonance **Body:** Yoga /*Shake It* **Breath:** Finger Breaths

CREATIVE FOCUS: Looks Sounds & Feels, 12 Mindful.

SOUND EXERCISES:

- [Tone & Tuner II](#)
- [CF Harmonics](#)
- [4 Styles of Vibrato](#)
- Moyse, De La Sonorite - #17- 21

MELODY:

- Moyse, 24 Little Melodic Studies, #4

TODAYS KEYS:

Major - F#, C# **Minor** - d#, a#. **Whole Tone Scales**

Creative Practice Ideas: [Recompose Scale Rhythms](#), & [Metronome Motivation](#), [chunking](#) and chaining.

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- #2 - 5 note scales
- #5 - chromatic scales
- #10 - triads

Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 5

Mindset: Rest & Renew **Body:** Yoga /AT Restorative Test
Breath: Notice your breathing

CREATIVE FOCUS: Review concepts & ideas.

SOUND EXERCISES:

- [Beautiful Notes](#)
- [CF Harmonics](#)

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- Octave Plus 1/2 step with Harmonics
- Moyse, De La Sonorite - #22 - 26

MELODY:

- Moyse, 24 Little Melodic Studies, #5

TODAYS KEYS:

Major - e, B, F#, C# Gb,

Minor - c#, g#, d#, a#, and Whole Tone

Creative Practice Ideas: Review Concepts & Use [Creative Practice Sound](#) & [Top 10](#).

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- #2 - 5 note scales
- #5 - chromatic scales
- #10 - triads

Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 6

Mindset: Clarity **Body:** Yoga /Walk Outside

Breath: [Breathing Tube/Breath Builder](#)

CREATIVE FOCUS: [Articulation, from Emily Beynon](#).

SOUND EXERCISES:

- [Tone & Tuner II](#)
- [Magic Carpet Harmonics](#)
- Moyse, De La Sonorite - #27 - 31

MELODY:

- Moyse, 24 Little Melodic Studies - #6

TODAYS KEYS:

Major - C, F, G, D, A, Bb, Eb, Ab

Minor - a, e, b, f# & d, g, c, f

Creative Practice Ideas: Articulation: [Single-Double Triple](#) & Use [Creative Practice Sound](#)

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- #2 - 5 note scales
- #5 - chromatic scales

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- #10 - triads

Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 7

Mindset: Play **Body:** Yoga /Dance around

Breath: [Swinging Ahhh](#)

CREATIVE FOCUS: Play and [making faces/facial muscles](#)

EXERCISES:

- [CF Chromatic & Vibrato](#)
- [Magic Carpet Harmonics](#)
- [Interval Intimacy](#)
- Moyse, De La Sonorite - #32 - 36

MELODY:

- Moyse, 24 Little Melodic Studies, #7

TODAYS KEYS:

Major - All

Minor - All

Creative Practice Ideas: Playfully use ideas and concepts & [Top 10.](#) & [12 Mindful](#)

TECHNIQUE EXERCISES:

Taffanel & Gaubert, 17 Big Daily Exercises:

- [#4 -CF - T & G #4](#)
- #12 - 7th Chords

Moyse, Daily Exercises

- Major Scales
- Harmonic Minor Scales

[Moyse/Cluff - Major & Minor 3rds](#)

DAY 8

Mindset: Present **Body:** Yoga /exercise ball

Breath: [Breathing Bag](#)

CREATIVE FOCUS: [Sound Check](#) & [Intonation Tendencies on the Flute](#)

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SOUND EXERCISES:

Moyse, De La Sonorite

- 1 & 1bis
- #1 - 5 using [Roller Coaster](#)
- [Sam Baron Low Register](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #8

TODAYS KEYS:

Major -

Minor -

Creative Practice Ideas: [Precision & Flow](#) & [Metronome Motivation](#)

EXERCISES:

- [Precision & Flow](#)
- [Reichert - Daily Exercises #1](#) - one page a day and/or mark where you left off.
- Taffanel & Gaubert, 17 Big Daily Exercises:
 - #4 Use my edition [CF - T & G #4](#)
 - #5 - chromatic scales & #10 - triads

DAY 9

Mindset: Colorful **Body:** Yoga /flexible Spine

Breath: [Gathering & Lengthening](#)

CREATIVE FOCUS: [Colors, Keys, Vowels, Emotions](#)

SOUND EXERCISES:

Moyse, De La Sonorite

- 2 & 2bis
- #11 - 15 using [Roller Coaster](#)
- [Sam Baron Low Register](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #9

TODAYS KEYS:

Major -

Minor -

Creative Practice Ideas: Give each key a color. [Look at my blog on colors & keys.](#)

TECHNIQUE EXERCISES:

- [Precision & Flow](#)
- [Reichert - Daily Exercises #1](#) - one page a day and/or mark where you left off.

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- Taffanel & Gaubert, 17 Big Daily Exercises:

#5 - chromatic scales

- [CF Whole Step Finger Exercises](#)
- [CF Whole Range Major Scales](#)

DAY 10

Mindset: Rhythm/Groove **Body:** Yoga /Drumming

Breath: [Energizing](#)

CREATIVE FOCUS: [12 Mindful](#): rhythmic integrity & organic sense of timing.

EXERCISES:

Moyse, De La Sonorite

- 3 & 3bis
- #11 - 15 using [Roller Coaster](#)
- [Jennings, Low Register](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #10

TODAYS KEYS:

Major -

Minor -

Creative Practice Ideas: Rhythmic Vitality - [iTabla](#)

TECHNIQUE EXERCISES:

- [Precision & Flow](#)
- [Reichert - Daily Exercises #1](#) - minor, one page a day and/or mark where you left off.
- Taffanel & Gaubert, 17 Big Daily Exercises:
#5 - chromatic scales
- [CF M & m 3rds Finger Exercises](#)
- [CF Whole Range Major Scales](#)

DAY 11

Mindset: Imperfect **Body:** Yoga /Wall & Floor

Breath: [Wall & Floor](#)

CREATIVE FOCUS: 12 Reasons - sculpt beautiful sounds

SOUND EXERCISES:

Moyse, De La Sonorite

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- 4 & 4bis
- #16 - 21 using [Roller Coaster](#)
- [Low Register Exercise- Modes ~ Aralee Dorough](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #11

TODAYS KEYS:

Major -

Minor -

Creative Practice Ideas: [Breath Line Flute Line](#)- Free habitual movement.

TECHNIQUE EXERCISES:

[Emmanuel Pahud's Video on Intonation](#) & Warming Up

- [Reichert - Daily Exercises #2](#) - one page a day and/or mark where you left off.
- Taffanel & Gaubert, 17 Big Daily Exercises: #1 & #2 & #5
- #17 or [CF Trilled Scales](#)

DAY 12

Mindset: Curious **Body:** Yoga /Walk outside in nature

Breath: Breath of Fragrance

CREATIVE FOCUS: [Creative Practice Circles - Learning](#)

SOUND EXERCISES:

- [Galway, Warm up #1](#)
- [CF Harmonics](#)

Moyse, De La Sonorite

- #22 - 26 using [Roller Coaster](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #12

TODAYS KEYS:

Major -

Minor -

Creative Practice Ideas: Clear the clutter in your mind

TECHNIQUE EXERCISES:

- [Emmanuel Pahud's Video on Intonation](#)
- [Reichert - Daily Exercises #2](#) - one page a day and/or mark where you left off.
- Taffanel & Gaubert, 17 Big Daily Exercises: #5 & #10
- [CF Whole Range Harmonic Minor Scales](#)

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DAY 13

Mindset: Creativity **Body:** Yoga /CPC Body

Breath: Nose Breathing

CREATIVE FOCUS: Creative Practice Circles - Learning

SOUND EXERCISES:

- [Luscious Long Tones](#)
- [CF Harmonics](#)

Moyse, De La Sonorite

- #27 - 31 using [Roller Coaster](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #13

TODAYS KEYS:

Major - **Minor -**

Creative Practice Ideas: Necklace of Notes

TECHNIQUE EXERCISES:

- [Gilbert Chromatics](#)
- [Pentatonic Scales](#)
- Taffanel & Gaubert, 17 Big Daily Exercises:
#12 - 7th Chords

DAY 14

Mindset: Free **Body:** Yoga / Body

Breath: Ebb & Flow

CREATIVE FOCUS: Contemporary Techniques

SOUND EXERCISES:

- Create your own full range chromatic warm up
- [Cf Harmonics](#)
- [Low Register Exercise- Modes ~ Aralee Dorough](#)

Moyse, De La Sonorite

- #31 - 36 using [Roller Coaster](#)

MELODY:

- Moyse, 24 Little Melodic Studies, #14

TODAYS KEYS:

Major - **Minor -**

Creative Practice Ideas: Improvisation

EXERCISES:

- [Gilbert Chromatics](#)
- [Exotic Scales](#) and or [Blues Scales](#)

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- Taffanel & Gaubert, 17 Big Daily Exercises:
#14 - Dominant 7th Chords

DAYS 15 -21

Practice Design Ideas: A list of possibilities that I will add to each day.:_____

Sound Exercises

- [Creative Flutist Tone Exercises](#) - Choose from the variety of exercises we have studied.
- [Mr. Gilbert's Routine](#) - A thorough routine for you to choose from or add to your practice.
- [The Wind The Sound](#) - P. Bernold - a new favorite book of exercises for breath and sound.
- [Tone - Trevor Wye](#): He was one of my teachers and we all benefit from these!

- [28 Day Warm Up Book](#) - Paul Edmund Davies - and his new website is great too.

- [Guest Video Practices](#) - Jennings, Buyse, Urso, Almarza, Walker, Felber, Andon, Garner-Santa...
- Create your own *Practice Design* using concepts, ideas, and from what you are learning

Technique Exercises

- [Creative Flutist Technical Exercises](#) - Choose from the exercises we have studied.
- [Taffanel & Gaubert, 2 Week Schedule](#): A schedule for playing all of T & G in 2 weeks.
- [Debost, Scale Game of 60 Ways to Play your Scales](#): a challenging & meaningful project.

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- [Practice Books - Trevor Wye](#): He was one of my teachers and we all benefit from these!
- [Vade Macum - Walfrid Kujala](#): a beautiful book of exercises and explanations.
- [Robert Langevin - Technical Practice](#): from his website a handwritten practice.
- [Daily Exercises for Flute, Andre Maquarre](#): This is another great technique book.
- [Advanced Flute Studies - Art of Chunking, P. George & P. Louke](#): 1 lesson a day or week.
- [The Aspiring Flutists Practice Companion, Terri Sanchez](#): A playful and lovely new book.
- [Guest Video Practices](#) - You have all the links now.
- [Make up your own](#) using concepts, ideas, learning that is most useful to your progress.
- Consider having your warm up **Design** be **by heart**.

Create Your Own Practice Design:

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DAY _____

Mindset:

Body:

Breath:

CREATIVE FOCUS:

SOUND EXERCISES:

-
-
-

MELODY:

-
-

TODAYS KEYS:

Major -

Minor -

PRACTICE IDEAS:

TECHNIQUE EXERCISES:

-
-
-

ETUDE/EXCERPTS:

-
-
-

REPERTOIRE:

-
-
-

LISTENING:

-
-

RECORDING:

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JOURNAL:

MY LIST:

