Creative Practice

<u>Organization</u>

Goals Time Energy Conscious Awake, Aware, Alert

How?

Mindful, Choices

Alive, Allowing, Artistic, Authentic, Creative, Curious, Clear, Choices, Daring, Detailed, Deep, Energized, Free, Graceful, Imaginative, Integrated, Open, Productive, Playful, Positive, Possibility, Present, Joyful, Specific, Supportive, Serene, Trusting...

Journaling, Questions

Score Study Observations Lessons/Teachers

Master Classes

Listening to recordings & live concerts

ntention

97's: Desíre, Discovery Dedication

Invitation to Play

Petermination Discipline Daring

Deep & Delightful!

Elements of

Practice

BODY

MOVEMENT

BREATHING

BRAIN

IMAGINATION

THINKING

Expression

PLAY

Voice

Heart

Presence

Inspiration

Tone

Sound Listening **Breath**

Phra-sing

TECHNIQUE

CLARITY FREEDOM

VIRTUOSITY

CONSISTENCY EASE

Repertoire

solo/unaccompanied solos with piano, concerti orchestral, chamber, contemporary, jazz, world

> Baroque Classical Romantic French 20th C

Contemporary Transcription

Artistry

Stage Presence

provisation

Performing

Competitions Auditions

Recording

for learning practice, lessons concerts, classes, auditions

Rhythm

Pulse Heartbeat Tempo Meter **Timing** Rests Silence