

21 Days of Guided Creative Practice ~ Virtual Course

~ Take Anytime ~ At Your Own Pace ~

This virtual course is for any flutist who wants to connect more meaningfully and creatively to their practice.

High School students may choose the 21 Week Course.

Advanced High School - Professional will benefit from the 21 Days Course.

Teachers and Professors may enjoy it for the organization and some fresh ideas for themselves and their students.

21 Days of Guided Creative Practice was created to join us in community, to share the science and creativity of practice, learn how to organize and design your practice, have a challenge and accountability for 21 Days or Weeks that will help your new habits stick!

Open your daily practice in creative, organized, wholistic, productive and heart-centered ways!

21 Days of Guided Creative Practice supplements the repertoire and etudes you are studying with your teacher by giving you new habits and ideas that you can apply to the whole of your musical life.

✓ 7 Elements of Creative Practice

✓ 21 Daily or Weekly PDF Practice Designs

- Organizing and Designing your Practice Life
- Sound, Technique, Melody and Etude Exercises

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- Creative Practice Ideas
- Mindfulness & Motivation
- Breathing and Body Ideas
- Videos for all parts of the Practice Course
- Guest Videos, especially made for 21 Days, and their favorite practices
- Links for Resources
- Private Facebook Community & Small community groups that continue too.

WHAT IS CREATIVE PRACTICE? 🤔 & HOW I GOT THE NAME
CREATIVE FLUTIST?

🌀 *Creative Practice* is a progressive, productive, playful way of using the science of learning and deliberate creative practice concepts that lead to personal success. *The Creative Practice Elements* are: Organization - Mindful Mindset - Body & Breath - Sound & Melody - Technique & Etudes - Repertoire - Listening & Recording - Journaling.

Creative Practice is a synthesis of all the teaching I have received, the books I have read, and the study I have been doing for more than 40 years about practice and the science of how we learn. I am certified as a Dharma Yoga teacher, deeply studied the Alexander Technique and have taken classes from many motivational coaches. When teaching I apply my creative and heart-centered beliefs about how we learn and share information.

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For me **Creativity** is being in the moment, connecting to what is, playing, practicing and performing from this place of aliveness!

♥ So, I was just doing my thing, teaching playing, making exercises for my students, giving them weekly practice designs, making flute mats, creating classes.... and people commented on "you are so creative..." *Creative Flutist* is the name given to me by my students, colleagues, and friends. They say that how I bring this information all together, organize and teach it is creative, wholistic and heart-centered. So the name has stuck with me since the mid 80's... and that is why I have the name *Creative Flutist*. 😊

🎵 *21 Days of Guided Creative Practice* supplements the repertoire and etudes you are studying with your teacher by giving you ideas that you can connect to and apply to the whole of your musical life.

21 days is an ideal number of days for creating & establishing new habits!

Let's get started!

Happy Practicing!

Jennifer ♥