

BREATHING

- Yoga
- Alternate Nostril Breathing
- Cardio Warm-Up
- Breathing Gym
- Breathing Games

-tone

- Long Tones
- Bernold Vocalises
- De La Sonorite Intervals, < > Exercises
- Low / Upper Register Exercises
- Singing + Playing
- Harmonics
- Whistle Tones

TECHNIQUE

- Taffanel + Gaubert No. 1
- Taffanel + Gaubert No. 4
- Chromatic Exercise
- Reichert
- Maquarre
- Gilbert Extended Scales
- Machiavellian Exercises

ARTICULATION

- Scale Game Articulations
- Breath Accents / Single Tongue
- Sing + Play Double Tonguing
- Backwards Double Tonguing
- Triple Tonguing DGD DGD / DGD GDG

OTHER

- Pomodoro Technique with Breaks
- Listening Breaks for Specific Sound Concepts
- Piccolo Tone and Intonation
- Baroque Flute Tone and Intonation
- Customized Exercises from Repertoire

MINDFULNESS

- Centering Meditation
- Positive Affirmations
- Lay on the Floor / Full Scan
- Alignment + Balance Full Scan While Standing
- From Silence to Sound Awareness: What Changes?

tone color

- Measured Pulse Exercises
- Styled Vibrato Based on Excerpts
- Tone Color Scales + Exercises
- Color-Change Bernold Exercises



FUNDAMENTALS

WORKOUT PLANNER