

THE FOUR PILLARS sample



Technique	Music	Mind	Wellness
<p>Daily fundamental routine</p> <p>Exercises to improve problem areas</p> <p>Exercises and études specific to this repertoire list</p>	<p>Listening to many recordings</p> <p>Developing understanding of the pieces:</p> <ul style="list-style-type: none"> - history - context - structure - emotions <p>Forming a clear, personal music picture</p> <ul style="list-style-type: none"> - lots of singing - lots of visualizing 	<p>Developing and practicing a centering routine</p> <p>Practicing adversity training</p> <p>Mental rehearsal and visualization</p> <p>Self-talk skills</p> <p>Meditation</p>	<p>Physical:</p> <ul style="list-style-type: none"> - diet - exercise - sleep - ease/efficiency in playing - Alexander Technique - PT/Massage - Lie down work - Stretch before/after playing <p>Emotional:</p> <ul style="list-style-type: none"> - Taking time off - Spending time with friends - Hobbies - cooking - sports - Seeing therapist/coach - Creating/enforcing boundaries - Journaling