

MINI FLUTE SPA
"Maintenance Practice for Those with NO Time"
Patricia George

RELAX: Stretching: *Stretching* by Bob Anderson

One nostril breathing

Prevention: Alignment, keep moving, exercise, diet, studio lighting, great shoes

HEADJOINT OCTAVES: Slurring, vibrato, tonguing in chunks

RUN THE G - G2, A2, B2, C3, third partial harmonics of G1, A1, B1, C2 to produce a left handed G major scale. Place the right hand on the barrel. Use vibrato variations (02320, 0234320 etc.).

BALANCING THE FLUTE

Trill pairings:	Back foot:	F to G	Front foot:	G to A
		E to F		A to B
		D to E		B to C

ROUND OF SCALES: Vary rhythms, articulation patterns, vibrato, speed

FIVE NOTE PATTERNS

Start at the top: G3, A3, B3, C4, D4, C4, B3, A3, G3

Repeat one-half step lower until you reach C1

Also play lower ones: D1, Eb1, E, F and F# at the third partial.

ROTATIONS: At least 8 counts of 4 sixteenths in chunks

Use thirds, sixths, arpeggios and seventh chords and harmonics at the third partial

PRELUDING: for your creativity

The Art of the Prelude by Gariboldi (Southern Music Company)

24 Exercises, Caprices and Preludes, Op. 125 and 26 Exercises, Op. 107 by Furstenau (Peters)

MONTHLY ROTATION OF REPERTOIRE

Etudes: Berbiguier, Hugues, Altes, Andersen, Casterede, Karg-Elert, Paganini

Baroque/Classic works by: J. S. Bach, K.P.E. Bach, Telemann, Mozart

Romantic works of: Schubert, Reinecke, Romantic Flute Virtuosos Vol. 1 &

French Conservatory Favorites

Contemporary Sonatas and Concerti

Orchestral Excerpts

SOMETHING YOU LOVE TO PLAY

Patricia George is the flute professor at the Sewanee Summer Music Festival and The American Band College. She is a Contributing Editor of *Flute Talk* magazine and writes the monthly column "The Teacher's Studio." She has served on the faculties of the Eastman School of Music Preparatory Department, Idaho State University (Faculty Achievement Award 1996) and Brigham Young University-Idaho. With co-author Phyllis Avidan Louke, she has written FLUTE 101: MASTERING THE BASICS, A Method for the Beginning Flutist and Melodic Studies for the Advanced Player, published by Fabulous Flute Music: www.fabulousflute.com. THE BEST SCALE BOOK EVER by Louke and George will be released in November 2009. Patricia George teaches her "Famous Flute Spa" masterclasses for flute clubs and universities throughout the United States and Europe.

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