

Chronological Development

Period	Key Events & Insights
December 2023	Severe lower back pain after an orchestra rehearsal led me to deepen my yoga practice as a way to address both my physical health and my research topic.
January 2024	Started following beginner routines from DoYogaWithMe, recommended by my clarinet professor and yoga instructor, Annelien van Wauwe. Began incorporating simple mobilization exercises inspired by bibliographic research (e.g., Dr. Jenerova Williams' study).
March - April 2024	Attended the "Flow" course with Susan Williams and the "Mindfulness" course with Julia Stegeman, both of which introduced strategies for improving focus, relaxation, and body awareness in musical practice.
February 2024 - Present	Attended various yoga classes in different styles (Vinyasa, Hatha, Yin, Yin-Yang, Restorative, Somatic Yoga, and Lu Jong Tibetan Yoga) to assess their impact on my lower back pain. Noticed significant improvements in physical awareness and pain reduction. Since September 2024, I have been attending regular classes at Inner Embassy, a yoga studio in The Hague, deepening my practice and integrating it further into my daily routine.
June 2024	Interviewed Annelien van Wauwe about the relationship between yoga and wind instrument performance. Discussed her experience integrating yoga into musical practice and its benefits for musicians' physical and mental well-being.
Summer 2024	Attended an intensive one-week course combining yoga with instrumental masterclasses. Interviewed two yoga instructors from the course to gain deeper insight into the role of yoga in musicians' training and well-being. Noticed remarkable physical and mental transformation.
October 2024	Conducted the majority of my research interviews with the rest of the experts from various fields. These conversations provided key insights into developing structured warm-up routines. Attended workshops on the Alexander Technique (Fiona Tree) and Body Mapping (Ásdís Valdimarsdóttir). Began "The Practice Coach" course with Susan Williams, focused on creative practice strategies.

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November 2024 - January 2025	Implemented structured study routines inspired by interview insights. Adopted a monthly goal-setting approach to reduce stress. Shifted my practice mindset by integrating creative and mindful techniques. Finalized the "Warm-Up Menu" as a structured tool for musicians. Continued "The Practice Coach" course, further refining my practice strategies.
February 2025	Conducted a case study with three master's students from the Royal Conservatoire of The Hague (two oboists and one bassoonist). Over one week, they tested selected exercises from the Warm-Up Menu under my supervision, focusing on physical warm-up routines. The study aimed to assess the impact of a short (5-10 minute) warm-up on concentration, body awareness, and discomfort levels during practice. Ongoing participation in "The Practice Coach" course, deepening my understanding of creative practice methods.