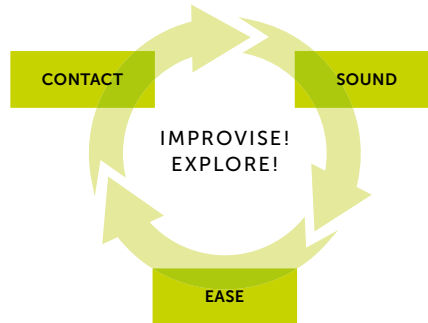


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## PRACTICING IN FLOW

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Shift your attention between contact (especially the contact point between your own body and where sound is produced), sound and ease (of playing) as you explore the section of music



### GOAL

To be in the moment and open your sensory awareness

### Flow Checklist

- How do I feel right now?
- Am I in contact with each and every note?
- Am I in contact with each and every movement?
- Do I really feel my instrument?
- Does the contact have a quality of ease?
- Do I feel deeply comfortable?
- Do I really like and enjoy the sound I make?
- Can I hear the overtones of my sound?
- Do I really feel the texture of my sound?
- How about I 'play around' with that passage?
- Do I allow a flexible rhythm/tempo?
- How can I simplify this passage in order to get a feel for it?
- Am I just playing through or do I really explore my piece?
- What is this piece or passage about?
- What does this passage mean to me?
- Do I feel the musical quality of these notes?
- Am I being too perfectionistic?
- Am I getting bored?
- How much 'doing' is in my approach – too much or too little?
- JUST SLOW DOWN and be in the moment!

Source: Eve Newsome: The Flow Music Method  
See also: Andreas Burzik: Flowskills