

| Date | Expert | Questions |
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| | Clarinet | |
| | | Physical Preparation questions |
| June 2024 | van Wauwe, Annelien | What does a warm-up mean to you? How often do you warm up? What kind of warm-up do you follow? |
| August 2024 | Cantó, Francisco | Do you have a "small" version for those days in which you don't have much time? |
| | | Do you integrate any physical exercise that does not require the instrument? |
| | | What is more important for you, physical or mental preparation? |
| | | Do you stretch while/after practicing? |
| | | Mental Preparation questions |
| | | How do you prepare your mind for a practice session? - What kind of thoughts help you to be ready for the daily practice? |
| | | What helps you to be mentally ready for a performance? Do you practice any exercises for that? |
| | | Is there something that makes you feel positive before a concert? What do you tell yourself? |
| | | Do you feel nervous when you have to perform? How would you describe what you feel? How do you manage it? |
| | | Do you do any exercise? |
| | Musicians Physiotherapists | |
| October 2024 | Tar, Mara | What are the advantages of warming up? Do you find any disadvantages? How important do you think it is for a musician to warm up the body? |
| | Árbol, Ana Belén | What kind of exercises would you recommend for a musician's warm-up routine? |
| | | Do you have some exercises to wake up the body and feel connected to it? (hands, fingers, wrists, face, neck, legs, feet) |
| | | How do you feel we should train the muscles correctly? Do they need to be strong? |
| | | Would you recommend any specific sport for musicians? |
| | | Do you have any stretching exercises for lower back pain? |
| | | What is the most common injury you have seen in musicians? Do you have any exercise to prevent tendinitis? |
| | | Would you suggest a small warm-up routine? |
| | | Do you think it is important to include a cooldown after a practice session? If so, which kind of exercises would you suggest? |
| | Yoga Instructors | |
| June 2024 | van Wauwe, Annelien | Why would you recommend a musician to include the practice of yoga as part of their daily routine? |
| August 2024 | Mathiesen, Lars B. | How could a musician include yoga as a "short" part of their warm-up? |
| August 2024 | Hu, Nick | Do you have any exercises for Pranayama breathing, especially for wind instrumentalists? |
| | | What do you think about having intentions or beliefs that we say to ourselves? |
| | | Any other tips or suggestions for musicians, especially wind players? |
| | Mindfulness, Mental Preparation & Flow | |
| October 2024 | Ortiz, Laura | How can the practice of mindfulness benefit a musician's routine? |
| October 2024 | Karsten, Wieke | How can visualization improve daily practice? Do you have any exercises for that? |
| October 2024 | Kort, Irma | Do you have any 'quick' exercises that could be included in a warm-up routine? |
| October 2024 | Williams, Susan | Do you have any breathing exercises to help musicians be present in the moment? |
| | | Do you believe that training the mind leads to better performance results? |
| | | What elements do you think a musician's warm-up should include? |
| | | How would an ideal warm-up routine look for you? |
| | | What do you think about having intentions or affirmations? |
| | | What helps musicians the most to be ready for daily practice and performances? |
| | | Do you have any practical exercises for daily practice? |
| | | How do you think mental preparation relates to a musician's success? |
| | | Would you equate mental preparation with physical preparation? |
| | | Do you have any practical exercises related to mental preparation? |
| | Psychologist | |
| October 2024 | van Beek, Jan | How important is it for a musician to have a strong and healthy mind? |
| | | Could you describe a musician who has a strong and healthy body-mind state (or someone who doesn't)? |
| | | What advice/tools would you give to a musician to develop a strong and healthy mind? |
| | | How do emotions affect a musician's daily practice routine? |
| | | Do you have any tools to help musicians deal with emotions before going on stage? And during daily practice? |
| | | Do you believe that training the mind leads to better performance results? |
| | | Do you have any breathing exercises to help musicians stay present in the moment? |