

TORI LUPINEK *flutist*

Beginner Practice Routine: 30 minutes

1. *Strrrrrrrretch!
 - a. Full-body "Good Morning" stretch
 - b. Neck
 - c. Wrists and hands
2. *Snake breathing exercises: hissssssss
 - a. Time yourself! Try to hiss longer every day.
3. *Pneumo Pro practice with mirror
4. *Headjoint
 - a. Flexibility
 - b. Articulation
 - c. Vibrato
5. *1 octave scale patterns with metronome
 - i. Vary articulations and dynamics
6. Book assignments: *Flute 101* by George and Louke
7. Listening practice: put these flutists' names in your YouTube search bar and pick one video per day.
 - a. Emmanuel Pahud
 - b. Jasmine Choi
 - c. Jeanne Baxtresser
 - d. Demarre McGill
8. Solo: *40 Little Pieces in Progressive Order* trans. Moyse
9. Band assignments
10. *Cool down: End your practice with some nice, slow, low register notes using your best, most beautiful sound.

*This is a lot of stuff to get done in 30 minutes! The items with the * in front of them should be done Every. Single. Day. Items 6-9 can be switched out depending on what needs the most work.

But most importantly, HAVE FUN! :)