

Breathing / Vowel

- OH or UR vowel shape
- Frown
- Turn out lower lip + blow over wet part
- Warm air - fog mirror in back of the throat, soft palate up
- Open throat, open mouth
- Lengthen torso and support!
- Air in cheeks
- Lips + cheeks loose and relaxed
- Connect + control air
- Drop chin + loosen jaw

Embouchure / Mouth

- Sheet of air in cheeks
frown
- Flexible lower + upper lips
- Shape air
- Drop tongue
- Don't crowd lip plate
- Space between teeth
- Roll out

Tone

- Open tone
- Rich sound
- Effortless sound, spinning
- Connected
- Fill the room with sound
- Move tone to behind the nose
- Smooth vibrato

Posture / Fingers

- Fingers close to keys
- Soft touch
- Be a suit on a hanger - stand tall
- Head aligned → open throat
- Support - stand on toes to ACTIVATE core
- Loose shoulders
- Drop elbows, especially right arm