

■ Four-Hour Practice Routine

"If it ain't on the page, it ain't on the stage." – Anatomy of Sound™

■ Time	Activity
20 min	■ Tone: Vibrato Ex, Moyse de la Sonorité, < >, Harmonics, Long Tones, Breathing Scales
30 min	■ Technique: Scales, Arpeggios, Patterns
10 min	■ Break
30 min	■ Etude
20 min	■ Piece #1
10 min	■ Break
30 min	■ Piece #1 (continued)
20 min	■ Piece #2 or Excerpts
10 min	■ Break
30 min	■ Piece #2 or Excerpts (continued)
20 min	■ Troubleshooting, Research, Listening

Designed by Anatomy of Sound™ | Empowering Musicians with Tools for Wellness & Performance