

LEVEL 2 - WEEK 4

EFFICIENT PRACTICE

Indirect procedures chapter

Change is necessary for progress

Clarity of intention – planning - review

Structure to include breaks – semi-supine? – Plan to get a lot done in a short time

To change a habit - prioritise primary control then particularise direction to the change

Notice your eyes

Balance – feet – sitting bones - head

Breathing – nose? - abdominal wall – inter-costal muscles - throat

Use a mirror to check your feelings

Notice your inner emotional space

Be aware of your kinaesthetic sense - check it is accurate

Can you do less?

Lively attentiveness is different to focussed energy

Be aware of your environment

What is the relationship between practice and performance?

Use imagination to practice playing brilliantly (direction)

Imagine performing – use all your senses – vision, smell/taste, touch, hearing (playing and other noises) and kinaesthesia

GAME... Practice with a friend. State your intention, friend listens and watches then asks a question, you answer/discuss the question then the friend suggests next intention, play again, discuss the outcome. Swap over.