

Helen Blackburn's Super Duper Zen Yoga Warm-Up

(to increase strength, flexibility, balance and patience . . . of embouchure, tone and mind.)

① Over The Rainbow Wake-Up

$\text{♩} = 50$ Lever (Low & Middle Register w/octave slur)

f/mf 1st x - N.V.
2nd x - with vibrato

or for a quick warm-up: No repeats - m. 1 - NV;
m. 2 - w/vib.

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- Start with a round, resonant tone.
- Lips slide forward when slurring to upper octave
- Connect between the notes w/air (and connect with vibrato when using vib.)
- Be sure octaves are in tune.
- Taper the half-note release without going flat.

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② Magic Carpet

$\text{♩} = 50$ (Leone Buyse's Harmonics)

f N.V. + vib N.V. + vib simile . . .

TB

Lever

- Be sure the corners of your lips are in NEUTRAL
- don't produce the harmonics by pulling corners back towards your ears.
- Use your AIR! Strive for FREEDOM of air, embouchure and tone.
- Start out playing this exercise forte with a great airflow (your air is your "magic carpet" that everything rides on: sound, vibrato, phrasing, articulation . . . even your fingers!)
- Eventually, when your embouchure is strong, try this exercise at all dynamic levels: mf, mp, p, pp
- but be sure to keep your air moving!

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