

Morning Warmup

Saturday, February 16
8:30 am - 9:30 am, Room 3

Roya Farzaneh

*Bring your flute! **Warm Up Your Body!***

When it comes to the start of your practice routine, it is important to remember you need to warm up your body, not only your instrument. We spend so much time neglecting how we feel physically, that our flute playing begins to suffer. As musicians, we hardly have time to fit in exercise with our rehearsals, practicing, work, and school. Certified personal trainer, Roya Farzaneh will take you through a series of mobility and stretching exercise that can help with posture, alleviate pain, and make you a more comfortable flutist!