



# RESONATING BODY WORKSHOP

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4TH APRIL, FOR FLUTE CENTER OF NY

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- ROUTINE BEFORE CONCERT / PRACTICING
    - WARM UP YOUR BODY
    - BODY MEDITATION/ VISUALIZATION
    - FIND OUT HOW YOU FEEL TODAY,  
BAD, NORMAL OR SUPER GOOD?
    - MENTAL WARM UP -> VISUALIZE YOUR GOALS /  
INTENTION FOR THE PRACTICING SESSION/ CONCERT
  
  - BRINGING IT ALL TOGETHER
    - DEEP CONNECTION AND IMPORTANCE OF YOUR  
BODY
    - MENTAL PREPARATION
    - TRUST AND BE AWARE OF YOUR KINESTHETIC  
SENSE
- = ALL TOGETHER CHANGES HOW YOU PLAY YOUR  
FLUTE, IT IS ABOUT BEING AWARE WHAT HAPPENS,  
PRACTICING SENSIBLE & LETTING IT GO/TRUST



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## RESONATING BODY

- FLUTE PLAYING  $\neq$  FLUTE AND FAST FINGERS
- FLUTE PLAYING = BODY, MIND, EMOTIONS AND FLUTE
- FLUTE PLAYING WILL CHANGE IF WE ARE A UNITY WITH OUR BODY
- KINESTHETIC SENSE HELPS US
- TRUST YOUR BODY

## WHAT TO THINK ABOUT CONSIDERING THE BODY

- ARTICULATION
- BREATHING
- STANDING / SITTING AND HOW TO USE THE BODY IN WHOLE
- MOVING WHILE PLAYING - CONSIDERING THE MUSIC AND THE BODYFRIENDLY AND FREELY MOVING



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## MY PERCEPTIONS

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KATHARINA MARTINI STUDIED WITH DISTINCTION AT HFMDK FRANKFURT WITH THADDEUS WATSON AND RECEIVED THE MICROMASTER OF CAMBRIDGE UNIVERSITY. SHE TOOK PART IN MASTERCLASSES WITH PAHUD, GALWAY, BOURIAKOV A.O. SHE WON INTERNATIONAL COMPETITIONS, HER DEBUTS AT CARNEGIE HALL AND CONCERTGEBOUW AMSTERDAM FOLLOWED. CONCERT TOURS REGULARLY TAKE HER THROUGH EUROPE AND THE UNITED STATES AND SHE PERFORMS AS SOLOIST AND CHAMBERMUSICIAN IN FAMOUS FESTIVALS. SHE IS AS A JUROR AT COMPETITIONS, GIVES MASTERCLASSES AND WRITES BOOKS. 2022 SHE DEVELOPED HER MASTERCLASS SERIES FOR THE HOLISTIC FLUTE PLAYING.