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Develop Confident Performers in Two Minutes or less

A Dozen Lesson Time Tips

1. Setting the stage (the lesson) for positive performing experiences
2. Preparing yourself to be a nonjudgmental and compassionate audience of one.
3. Pre-lesson dance to the bench
4. Anxiety can be catchy....how to vaccinate yourself against it. "Awareness and Softening"...creating a protective space around you.
5. Body Relaxation.....Bring awareness to where you are holding tension, breathe into the tension and release with the breath
6. Meditation: focus on each note, letting go of any thoughts (1) Technique (2) A short phrase (3) Improvisation
7. The Body Warm Up Dance...moving energy
8. The Big Sigh
9. Hang your body down like a rag doll and then move energy, sound and tension up and out the top of your head
10. Tarzan
11. Create a Dance from chaos to stillness
12. Practice moving to the piano and preparing to play
 - Grounding
 - Bring compassion to inner parts that feel afraid
 - Releasing Tension...soften with flowing energy
 - Focus on Giving a Gift (It's not about YOU)
 - Inner Smile...Embrace Play (flow, fun, creativity)

Six Ways to Use Improvisation to Build Confidence and Sparkle

1. 30 sec improvisation to connect with the piano
2. Sing or hum, dancing your fingers on the keys
3. Play with making mistakes and enjoying the outcome
4. 20 sec "drum or sing your day" improvisation
5. Create an improvisational dance or music piece moving from chaos to stillness
6. Drum to silence and focus