

## **Playing from the Heart—Improvisation in the Native American Style**

### 1. Natural

Inspired by simple things—nature, birdsong, sky and earth

No rules, just guidelines

No wrong notes, just happy accidents

### 2. Balanced

Regular basics

Irregular changes or variations

### 3. Communicative

Internal—“closed eyes,” focus inside, listen to yourself, feel what you play

External—“opened eyes,” join with others, share your journey, tell a story

## **Starting the Flute**

P Posture (relaxing and balancing the body)

A Air (filling the body with breath)

P Position (lifting the flute and checking the block)

E Embouchure (placing the mouth)

E Embracing (holding the flute)

F Fingering (closing the holes completely)

A Attitude (being in the moment)

S Sound (blowing gently)

S Smile!