

Musical Wellness***Beside the Still Water***

[CD 27]

Putting It All Together

Can you remember a time that you were standing or sitting “Beside the Still Water”? As you go through these stretching exercises, hold that memory in your mind. Remember to inhale and exhale slowly through these exercises.

1. Begin with your shoulders. Alternate shoulder rolls to the front, shoulder rolls to the back and pulling your shoulders up to your ears and releasing the weight down.
2. Next, warm up your elbows. Hold your arms out in front of your body. Gently turn your arms from left to right. Release your arms back to your lap. Repeat.
3. This next exercise will help remind you of the importance of a flexible wrist. Place your hands on the keys, on the key cover or on a table as if you are going to play the piano. With your fingers in contact with the keys, alternate between floating your wrists up and releasing your wrist down. Move to the beat of the music. Remember to keep the weight of your shoulders down. Repeat.
4. Lastly, stretch your fingers. Make a fist, hold for 3 counts, stretch out fingers, hold for 3 counts, drop your hands to your sides and shake out hands for 3 counts. Repeat.

As you continue your musical journey, incorporate these stretching exercises into your daily routine at the piano. The “no pain, no gain” concept does not apply to playing a musical instrument. Anytime you feel uncomfortable or tense at the piano, stop what you are doing. Stretch, breathe, walk or change activities until you are ready to return to playing the piano.

Porch Swing

[CD 28]

