THE PRIORITIES OF AN EFFORTLESSLY BEAUTIFUL FLUTE SOUND

- Adds finesse, structure, and most importantly, *angle* to the airstream
- Embouchure tightness can let go when air and internal setup work well, meaning flexibility and freedom are dependent on 1 + 2
- Feeling a need to squeeze here to create tone is a sign of a need to redistribute effort towards a sigh airstream
- Freeing the lower lip and corners creates suppleness + and allows for greater control
- Catch your best angle by aligning your embouchure hole with your aperture - adjust with your hands until you catch the best angle of air for your aperture
- Release the embouchure off of the front teeth for greater flexibility

- The front of the throat = the back of the tongue (Body Mapping!)
- The base of the tongue connects at the base of the jaw, therefore, how you use your jaw influences how you use the tongue
- How you use your jaw also influences the lips, (pulling down too much can compromise lip flexibility) and can help or hinder the feeling of allowing the sinuses of the face to act as resonators
- Space between teeth = Jaw movement - allow it to be a release versus a pulling down
- The tongue and the soft palate help us feel vowel shapes and therefore influence color and pitch. A tongue that's holding tension can cause airiness and cracking
- Tongue and soft palate are also the floor + and ceiling of resonance before air leaves the mouth

- Quality of breath = quality of sound
- Breath isn't just the inhale, it is a free, yet controlled exhale, and a subsequent ability to inhale freely
- Breath should feel like an effortlessly flowing wave of in and out, not gasping or held pauses in between
- Quality of breath is dependent of the body as a whole - free, flowing, grounded vs. tight, serious, statue
- Embodied whole = efficient breath - Body becomes a resonator for effortless sound
- Sigh feeling can equate to chest resonance
- Understanding of the breathing structures = understanding breath + support (Body Mapping!)
- Free the arms and abdomen to free the breath (Ribs and lungs are as high as the collarbones!)
- Air amount + air speed - Both factors vary for dynamics, range, and color