

Weight vs Pressure

Learn to play the violin effortlessly...

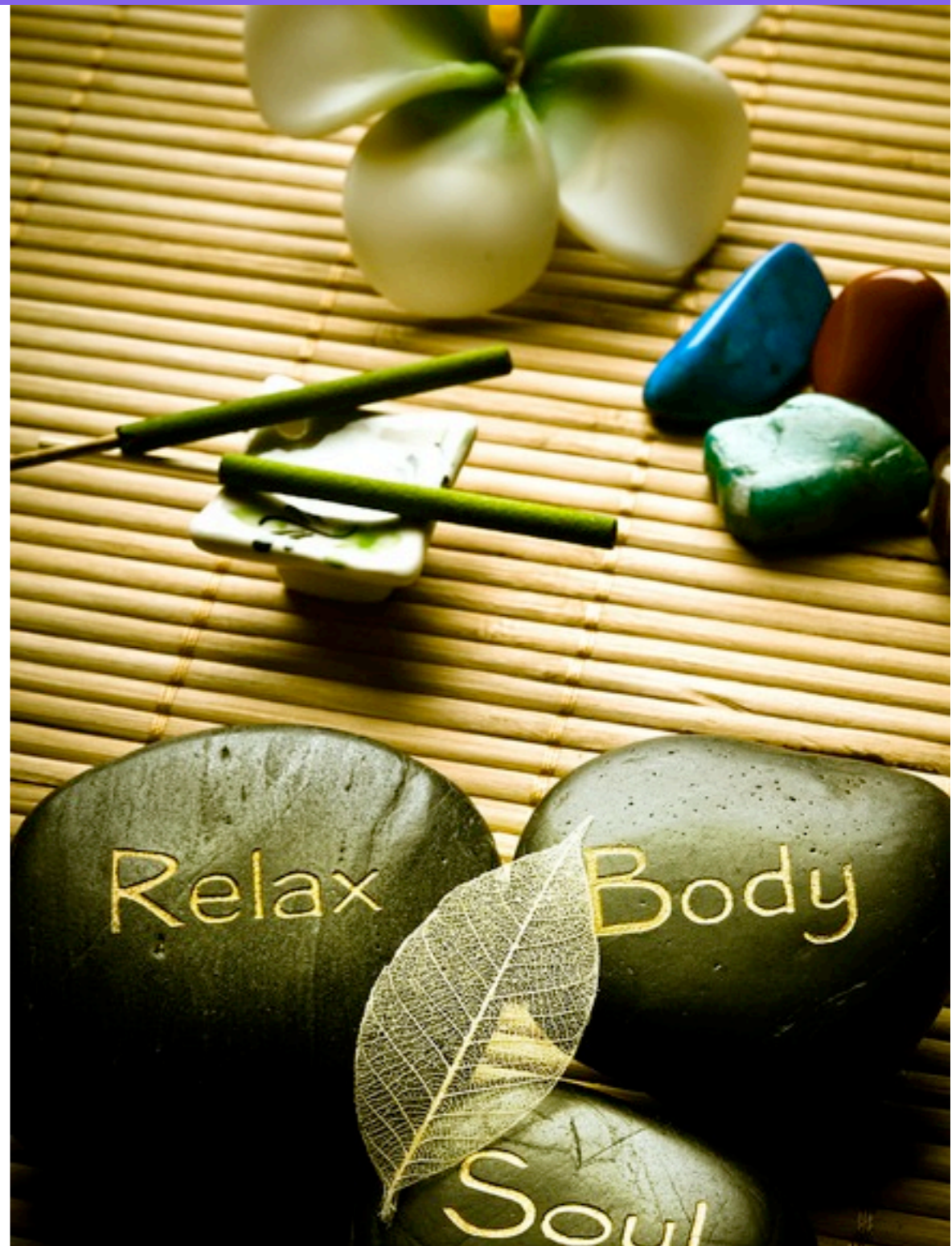
Be comfortable...

Create a beautiful tone...

Touch people directly in their soul!

Before you start...

- Switch everything off that can distract you (phone etc)
- Spoil yourself with a nice drink and some snacks
- Make yourself **EXTREMELY** comfortable
- Get pen and paper to make lots of notes



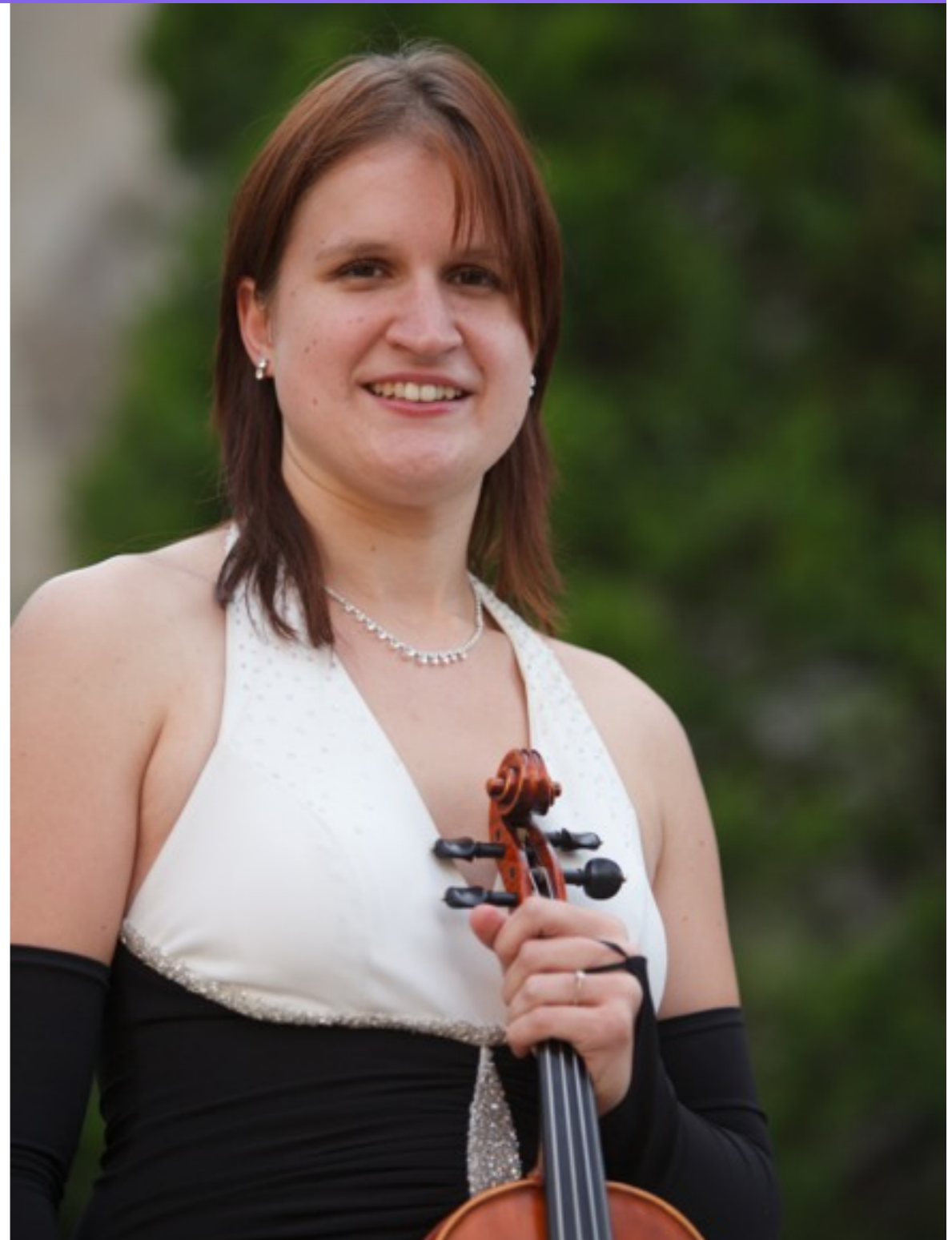
What will you learn...?

- The secrets of the effortless violin playing by the pro's
- How YOU can play effortlessly and comfortably with a beautiful tone that can touch people's soul
- How you can play as long as you like without pain



A little about me...

- Zlata Brouwer, Dutch-Czech violinist, musician, violin teacher and violin/viola/cello matchmaker
- Teaching and coaching worldwide via Skype
- Founder of Violin Lounge TV
www.violinlounge.com

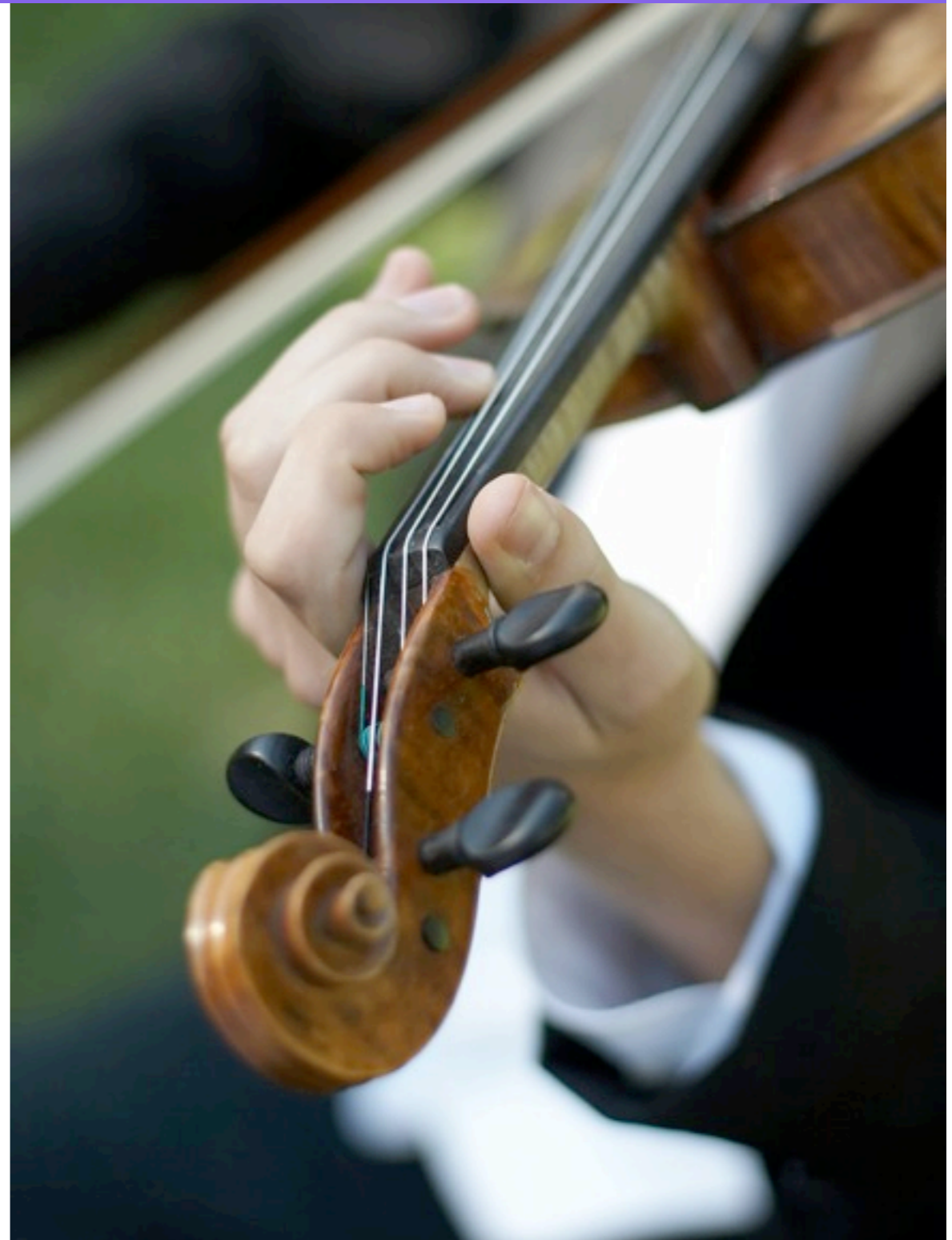


www.ViolinLounge.com

- Online oasis for violinists and violists worldwide to learn and develop in a safe haven
- Helping YOU with lots of free content to improve your playing with joy
- Learn to play violin with body, mind and spirit
- Skype lessons and online programs to give you all the support you need to become the best violinist that you possibly can be

Why this FREE workshop?

- I want everybody to know this as it will solve the major issues of violinists...
- I want YOU to benefit from it...
- I want it to spread like wildfire...
- I want to create community



Do you struggle with...

- The feeling that your instrument and bow are not part of your body and don't do what you want them to do?
- Practicing and not getting the results you want as fast as you want them?
- Learning a lot, but not getting your ideal tone and voice from your violin?

What do you need NOW?

- Practicing to be fun, enjoyable, comfortable, in flow and with no notion of time...
- Your instrument and bow to be part of your body, follow you everywhere in an endless loving embrace...
- To create a tone that is too beautiful to describe and touches people deeply...

Question: Who can?

- Do you recognise the struggles and desires I just described?
- Who has already achieved your ideal?
- Who is your hero or your example in solving your issues and fulfilling your desires?

What do you notice?

- Watch your 'hero' play...
- Analyse every movement...
- What does he/she do different from you?
- What does he/she have in common with other great players?

Here's what I notice...

- Effortless playing
- Small movements
- Relaxed movements
- Comfortable body posture
- Playing with great expression and meaning

“In violin playing everything that looks pretty... is good. Everything that looks agony... is bad.

If it's better looking and more comfortable... what more do you want?” - Ivan Galamian

Avoid these mistakes

- Playing without meaning or expression
- Studying like robot
- Having unnecessary tension in your body and / or mind
- Focussing too much on gaining control / power over your instrument, bow and movement (you will loose control as a result of this approach)

Let's change that...

... starting **NOW!!!**

Every movement you make that
doesn't **SERVE** your playing...
will automatically influence your
playing in a **NEGATIVE** way!
(write that down)

Assignments

- Analyse every obsolete movement you make while playing the violin...
- How can you NOT make them in the future?
- What happens when you don't make them?
- Try to achieve what you want with as little movement as possible
- Make all your movements relaxed, light, little and small as you possible can

Imagine that all the notes, sounds
and tones you want to make...
are already there... are already
in the air...

You just need to grab them...

Assignments

- Close your eyes and visualise that every sound you want to make is already in the air
- Play and see if you can grab the sound you want from the air... don't force it, don't control it, just invite it gently to come out of your violin with your bow
- What are your results until now?

Weight vs pressure

Pressure

- Pressure the sound with power
- Pressure mutes the sound
- Pressure gives unnecessary tension in your muscles, which hurts them
- Pressure gives you less control
- Pressure makes your movement rough instead of refined and subtle

Weight

- Relaxed and downwards, makes positive use of gravity
- No strain in your muscles
- Gives you control by letting go
- Can make your movements minimal, light, subtle and small
- Playing takes very little effort...

My method:

**Weight vs Pressure
Violinist Bodyscan**

Left hand fingers

- “Playing the violin is lifting fingers, not putting down fingers”
- Imagine that!
- Have your fingers fall on the fingerboard
- Don't use too much pressure to put the string down



Left hand thumb

- On the left side of the fingerboard, not under the fingerboard
- Opposite the first or second finger
- Slightly curved and flexible
- No pressure, just gently leaning against the neck of the violin

Left hand knuckles

- In line with the fingerboard to give your fingers freedom, space and ease
- All nice and curved (round), flexible and relaxed
- Not white of tension

Left wrist

- Flexible, moves while playing
- A beautiful straight relaxed line from your pinky to your elbow

Left hand

- Free
- Not supporting the violin or only a tiny bit (especially with viola)
- In a natural round hold without tension

Left elbow

- Underarm is in a straight line under the violin
- Elbow points to the ground (differs depending on the string and the position that you are playing)
- Imagine there is a weight hanging under your elbow

Assignment

- Hold your violin as you always do
- Squeeze with your right hand in your left hand fingers, hand, wrist and arm
- Do you notice tension?
- Breathe in and with breathing out release your tension
- Remove all tension in your left arm

Assignment

- Do the assignment in between practicing, repeat it lots of times
- Notice what tensions disappear and what tensions keep coming back
- Apply the given principles in playing and practicing to avoid or remove tension

Violin hold

- Left shoulder low
- Body posture straight
- Watch the stand of your feet
- Violin straight and on your shoulder
- Hold the violin with the **WEIGHT** of your head



Shoulder rest and chin rest

- Should fit that good that you can hold your violin (without hands!) without tension or pressure
- Should divide the pressure over your chin, neck and shoulder



Your neck

- Your neck is not there to cling the violin in a fixed hold with tension
- Your neck should be free
- You can move around while playing
- You can communicate with your teacher, student, co-player or conductor

Right shoulder

- Every tension in your right shoulder is hearable... always!
- Keep it as low as possible, don't pull it up while playing (low strings, bouncy bowing etc)
- The impulse of bowing comes from your back
- Energy can flow through your shoulder and arm, through the violin, into the world!

Right upper arm

- Lots of beginners use it too much for bowing
- Gives through the impulse of bowing
- String changes

Right lower arm

- Gives through the impulse of bowing
- Creates impulse for the movement of the wrist, hand and fingers in bowing
- Soft

Right arm

- Lift when playing piano
- Make heavy when playing forte
- Weight creates a more full, warm and loud forte
- Create a square of your body, violin, right upper arm and lower arm

Right hand

- Bow hold vs bow movement
- Hand rests on the bow
- Fingers round, relaxed and flexible
- Hand follows bow vs bow follows hand



Bowing with weight

- Like a Japanese miniature pen painter
- Painting colourful sounds with your bow
- No rigid hold
- Playing forte with ease and without pressure
- Creating the most beautiful sounds

Assignment

- Create and experiment with bowing and tone
- Make your bowing smooth and flexible like a painter
- Use the weight of your arm and discover you will achieve more than with pressure

Results

- Please do all the assignments
- Share your results with me by e-mailing me: info@violinlounge.com

Help

- Is everything clear and have you overcome all your issues after this workshop? Great!
- Do you need some extra help? I can serve you with video's, lessons and programs. Let's work together!
- Let's meet at www.violinlounge.com or e-mail me: info@violinlounge.com

Share

- Think about how many violinists can benefit from this workshop
- Share it... Spread the word... this will help violinists and violists worldwide improve their playing with body, mind and spirit



Thank you!
www.violinlounge.com

