



Dear Cellist Friend,

Welcome to the course "Daily routine and performances tips".

It is a great honor for me to be part of your life for a short period, helping you on your journey. I am here today because one day I found myself in your own shoes, with so many doubts about using the best technique for me, about how to be efficient and being able to prepare the whole program for one or several concerts without stress and above all, without physical pain.

I am here because I am passionate about the interaction between the practice of the musical instrument and the techniques of yoga and visual and vocal techniques, which will help you develop more confidence in your skills and in your daily practice.

Your study will become more efficient, with little effort, great results!

My research on the interaction between the different techniques has scientific bases that refer to the power of our mind; it learns through the repetition of words, movements and actions that must necessarily be the "correct" ones. The brain is not at all complicated and if we train it to discipline and motivate it with discipline, we will get what we want!

I wish you good luck in undertaking this journey between apparently different worlds, but very connected to each other!

Good work and practice!

*Fulvia*