



*Advice from
Rose Mary Chancler*

*Be picky about how you sit!
FEEC your two butt bones in the bench.
Transfer your weight between them.*

*Use your BREATH to pick up your HAND.
Your ELBOW goes first. It moves you.
Your ARM is used as an extension of your
SHOULDER muscles.
Your SHOULDER muscles are moved from
your BACK*



"Playing suffers from
bad practicing
and
practicing suffers from
bad playing"

Quote by Lynn Freeman Olson