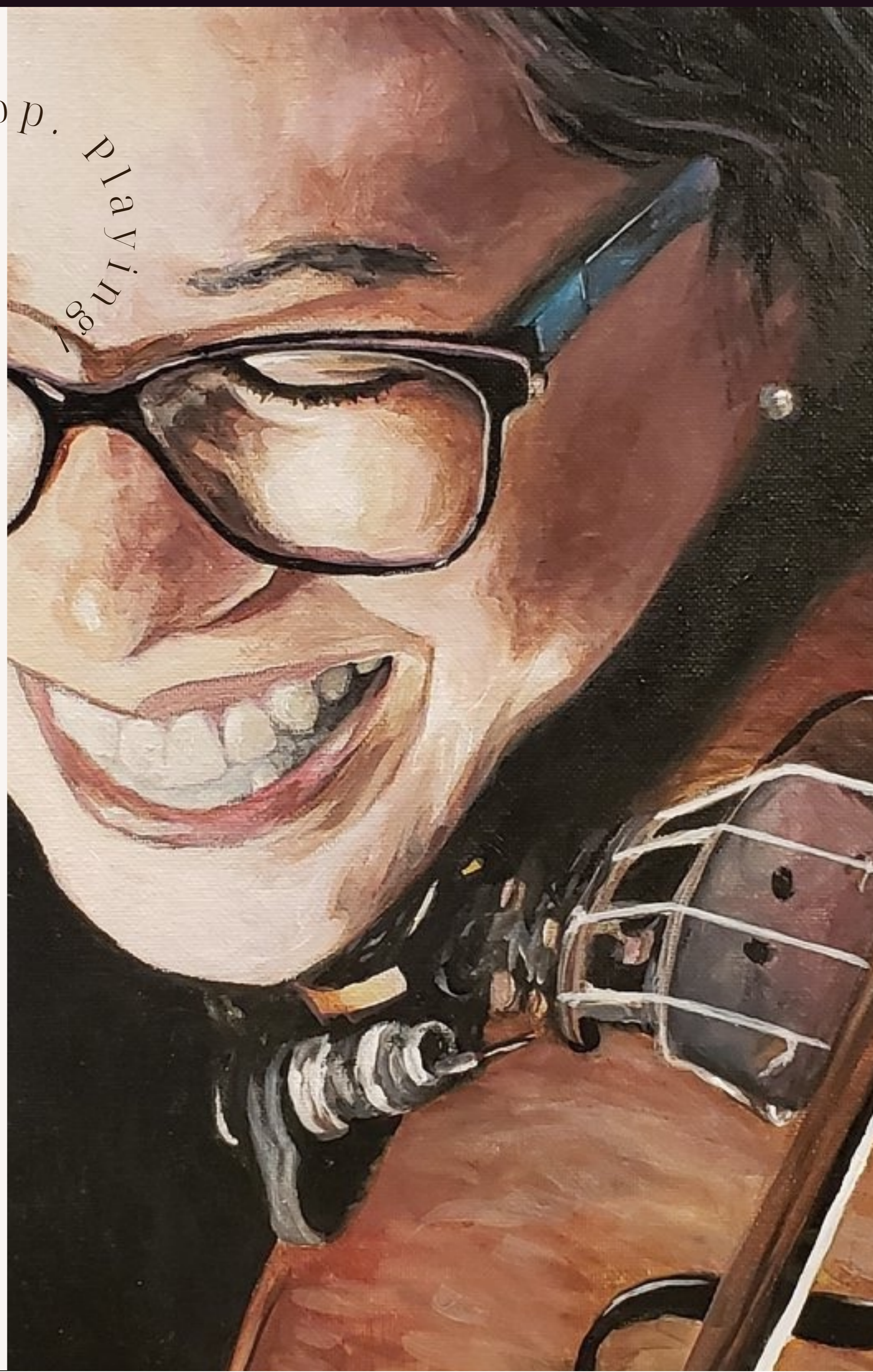


Five Essential Practice Strategies for *Resilient* *Violinists*

www.violinbootcamp.ca

A guide to
rediscovering your
passion
for violin in less than
10 min per day.

Never. stop. playing.



Hey & welcome! I'm so glad you're here.

If you're here, it means you're committed to reconnecting with your violin. Perhaps life took over and you haven't played in a while, or things got so busy that burnout set in.

Or maybe there's some imposter syndrome you want to overcome... you know, that awful feeling that you are faking it, or that you don't deserve your success?

And honestly, who wouldn't want that? You're ready to show up and make it happen. And I'm so excited for you!

This guide is to help you create a simple, sustainable practice plan and then put it into action so you can reconnect with your violin in less than 10 minutes per day.

Let's get started. I hope you enjoy the ride!



Are you ready to start playing the way you've always wanted? [Click here to access your interactive guide](#)

Define a single clear goal for every practice session

Tell me - is your violin practice as effective as it can be? When you play, do you sound the way you hear it in your mind? No matter how you were practicing in the past, I want you to start thinking about violin practice in a different way. From now on, every time you set up for practice I want you to ask yourself:

- Do I have one clear goal for this practice session?
- Do I know how to reach this goal or do I need help creating a strategy?
- Am I *really focusing* on this one goal and applying my chosen strategy the best I can?

Step one



Never Stop

Playing

Define your main focus. What is the one thing you want to improve right now? Write it down. Be very clear and specific. One small goal, no more. Example: Improve my intonation on a specific bar of a particular piece.

Tackle your goal with a great practice routine

We have taken the time to clearly define and figure out what your main goal is on the previous page. Now you are going to learn how to target this goal with an effective practice routine. But how do you choose the best practice routine?

A great routine should help you consolidate your practice time by integrating **both** technical and *CREATIVE* elements.

I call these "*The Elements of Practice*". Think of them as essential building blocks for us to truly engage all aspects of our performance and improve not only the way we play, but our mindset as well. Although we will not review them in depth here, I've included a summary of these Building Blocks at the end so you can start thinking about how to include them in your practice. For now, let's work with what you know.

Step two

Consolidate your practice time by combining the goal you just identified with a creative element to help you improve while having fun. Ex: Make up my own melody in the same key as the section of music I'm learning.

Never. Stop. Playing.



Hyper-focus on your desired results

In order to have a successful, simplified practice session we have to learn to *hyper-focus* on the intended results for that single objective you already defined.

This is a skill that is oftentimes overlooked and rarely taught when learning an instrument. However, with a little awareness, you can develop these skills and other habits that can truly give you more results for your effort.

Example:

- **Main goal:** Improve intonation on a specific bar of a song.
- **Creative practice element:** a little improvisation by creating your own melody in the same key or notes of that bar.

Intended results to hyper focus on: Set a timer for 7 minutes and set your full intention on playing completely in tune during that time, even if you are simply having fun exploring the key or notes in that bar while improvising and changing the rhythm or melody.

Step three

*Address your main goal with a powerful
7 minute routine.*

*Never stop.
Play!*



Apply this strategy to a fun and creative repertoire

Isn't the point of practicing to play better and be more expressive and musical? And what is the point of practicing only technique if we never get to play and have fun with our instrument? Technique is only a tool to be more expressive.

How often do you practice being creative with your instrument? Practicing without creativity is like running without drinking water. You can do it, but why would you?

It is dry... and not great for you in the long run. Even if you are only practicing technique, think: how can you make your technique practice more creative?

Use a backtrack behind those scales, add some dynamics, improvise or invent a new sequence in the key of the song you are playing. Add your own double stops or transpose the song you are learning into a different key or higher positions to challenge yourself. Dare to play! The only limit is your imagination!

Step four

Chose one fun and creative song or project to work on that further supports you to improve the goal you have defined in step one.

Never stop playing!



Record your practice and reflect objectively.

Recording yourself can be one of the most intimidating things to do, yet it is one of the ***most powerful tools you can add to your practice tool box.***

The good news is that it is only uncomfortable at the beginning. But then, real magic and progress starts to happen!

Listening to your own practice can help you gain a more objective and accurate perception about your performance.

Most people judge themselves too harshly, focusing on the negative elements of their playing, blindly ignoring the 95% that was done beautifully.

Step five

Now it's time to put your plan into action to work towards your ultimate goal! Get playing and record yourself.

Never Stop Playing!



Let me share my experience

There have been times when I've found forgotten old recordings of my practice, only to be shocked to realize it was me playing... The funny thing is realizing how certain I was at the time of recording that the whole thing was terrible.

But listening after some time had passed, under a more objective perspective, and even not knowing it was me playing, I could listen without judgment and see how distorted my perception was.

How many things I had done beautifully, yet my hyper-focus was set on the one thing I couldn't get right. Recording yourself will help you see how much you have done right.

Kick out that imposter syndrome! Don't let that initial judgment blind you. Be kind to yourself.

Recording your practice will help you:

- Identify accurately what you are doing wrong while learning to accept and ***appreciate what you are doing right!***
- Move past your initial judgment. This is the key to start healing from imposter syndrome.
- Overcome performance anxiety and strive to play your best during practice.



Time to reflect

This is most important step!

Listen to your recording with objective eyes. Turn off your inner critic. If you catch yourself judging your performance and finding negative comments, I want you to write down 3 positive things for every 1 negative that you found

Now it's time to put your plan into action to work towards your ultimate goal!

Ok, now it's time for you to take action

Try it out! Recording your practice re-creates the feeling of "performing" for someone. What a better way to "practice performing". This is the best way to get performance experience in the safety of your home.

I want you to try the following exercise now that:

- You have a goal
- You have a strategy to consolidate your practice
- You know what intended results to hyper-focus on
- You have chosen a fun creative project to work on

Now, this is your main action: (Step 5)

- Take your phone, set up the timer for 5 minutes
- Open a voice memo
- Record yourself playing the above

Note: *Keep it simple.*

Notice I didn't even ask you to record a video. I have seen procrastination kick in with excuses like: "I can't find a cell phone stand, I have no makeup on.., phone has no space to record..." You know the impostor syndrome drill. :)

Don't let it sabotage your progress!

Never. Stop. Playing!

Keep it simple

Marlene

p.s. If you do record yourself and need feedback take a look at my coaching programs



Never.
Stop.
Playing!

"Want to dive deeper into this topic?"

Book a Free Transformation Session with me here.



You are only 7 minutes away from playing
your best

Never. stop.
playing.

Thanks
so much for
being here.

*“Want to dive deeper into this topic?
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About Me

Hi! My name is Marlene.

I'm a violinist and teaching artist with over 20 years of experience.

My mission is to empower busy women to rekindle their passion for violin in less than 10 minutes per day!

I have spent over a decade refining my own practice and teaching methods so I can help others improve their playing with the least amount of practice time.

I developed this program to reclaim my power as a violinist, following an unexpected and draining hiatus brought on by a high-stress lifestyle that ultimately led to burnout. Using my Resilient Violinist program, I came out the other side and now I'm here to help you do the same!

Thank you for signing up for this effective practice guide.

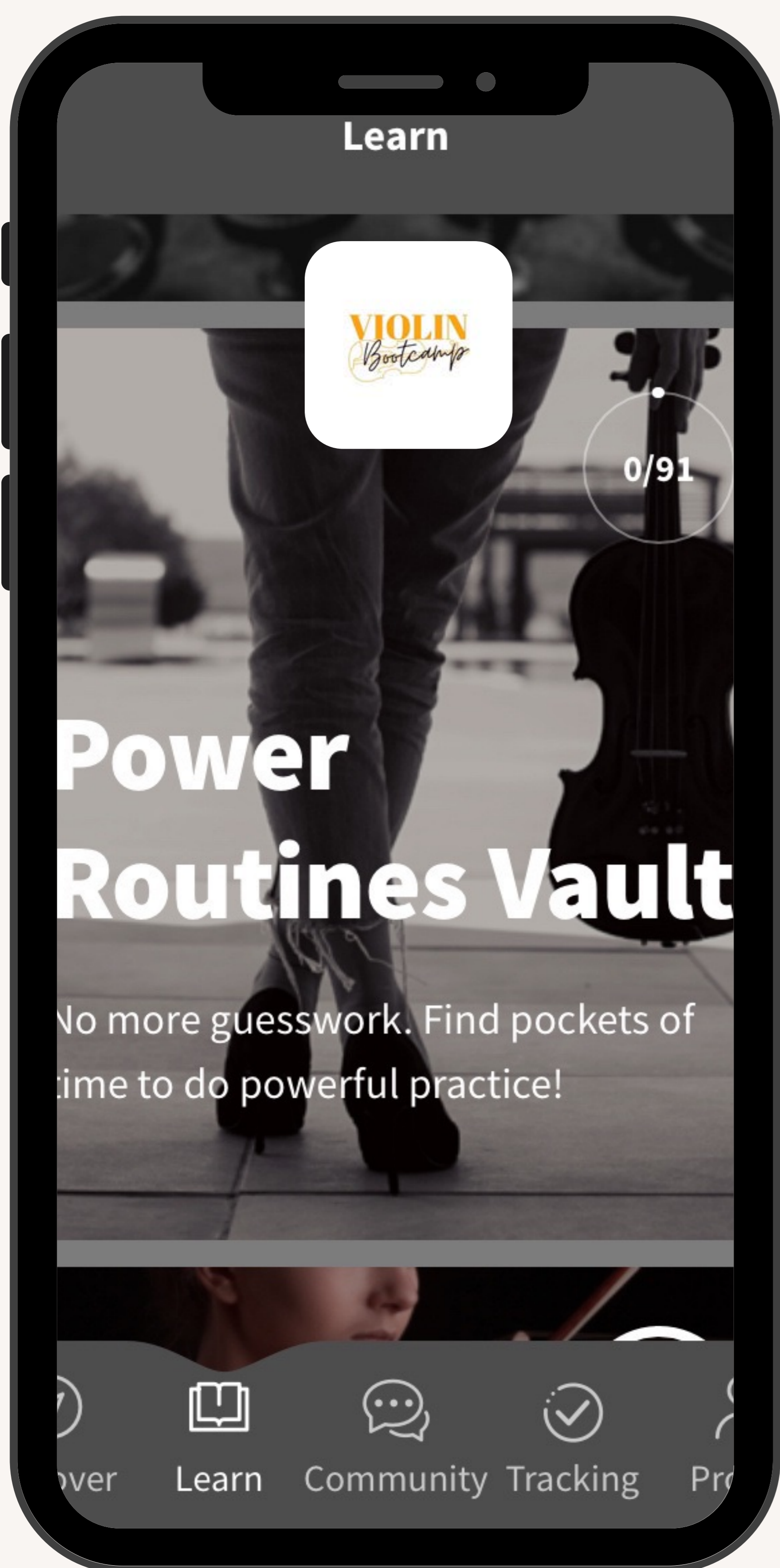
Enjoy! See you on the inside!

Never. Stop. Playing!

Marlene

www.violinbootcamp.ca

want to Learn more?



Get your ViolinBootcamp App
14 days free trial here!

The Violin Bootcamp App is an easy way to simplify and structure your practice!

It will help you get back to playing with minimal practice time. Get 7 to 10 minutes power routines combining sound projection, bow control, vibrato, shifting, finger patterns with a splash of improvisation!

Everything tied up with **coaching** and accountability to help keep being successful for the long run.

Are you ready to start playing the way you want? Book a free Transformation Session Below.

BOOK SESSION