

ULTIMATE VIBRATO WORKSHOP

WEEK FIVE PRACTICE MENU



Ultimate Vibrato Workshop - [Week FIVE Practice Activities](#)

Total time: under 15 minutes per day.

Start by reviewing week 1-4 activities; they are key to your vibrato success. Take your time with vibrato practice; your neuromuscular system will work optimally only when you feel relaxed and un-rushed!

Activity #1 and #2 WRIST VIBRATO (type B) IN A SONG

Uses now familiar practice strategies within a song you know.

Activity time: 5-10 minutes

Lecture: VIOLIN SETUP MAKES EVERYTHING EASY

Gives you some context for properly setting up your instrument for ease of play.

Activity time: 7 minutes

Meditation: MINDFUL PRACTICE

Reframe and rethink your approach to practice and multiply your results!

Activity time 6 minutes

Activity #3 INTRO TO DRONE PRACTICE

Little known and under appreciated technique increases your enjoyment and provides a surprising amount of feedback.

Activity time: 5-10 minutes

Support when you need it.

Is anything unclear? If I left something out, or you just have a violin/vibrato related question, [drop me a note](#).

You can play anything on the violin. There is always a way to make the most difficult tasks easy!

Journal Your Practice in the space above. Note any questions or problems.