



A  
Notebook  
for  
Viola  
Players

Ivo-Jan van der Werff

# A Notebook For Viola Players

**Ivo-Jan van der Werff**



## **A Notebook For Viola Players:**

**A Notebook for Viola Players** Ivo-Jan van der Werff,2022 In A Notebook for Viola Players Ivo Jan van der Werff offers a guide to playing the viola with the greatest freedom dexterity and ease It includes right and left hand exercises to build a sound technique sections on how to practice them how to hold the viola and bow how to think about good posture how to create a good sound how to play with the least amount of tension how to deal with anxiety and thoughts on wellness and practice techniques Alongside these are photographs and a companion website of video demonstrations of the exercises played by the author as if in a lesson Interspersed throughout the book are lively and illuminating anecdotes of van der Werff s own experiences as a student and as a professional musician as well as a number of blank pages and staff paper for the student to literally make notes and write down their own ideas offering a space for creative expression using the skills they learn in reading and playing along with the text Bringing together decades of teaching and performance experience from one of the most respected figures in viola pedagogy A Notebook for Viola Players is a master class in viola ideal for any player hoping to perfect the fundamental areas of their practice A Notebook for Viola Players Ivo-Jan van der Werff,2022 Ivo Jan van der Werff offers a guide to playing the viola with the greatest freedom dexterity and ease It includes right and left hand exercises to build a sound technique sections on how to practice them how to hold the viola and bow how to think about good posture how to create a good sound how to play with the least amount of tension how to deal with anxiety and thoughts on wellness and practice techniques Alongside these are photographs and a companion website of video demonstrations of the exercises played by the author as if in a lesson **A Notebook for Viola Players** Ivo-Jan van der Werff,2022-08-02 In A Notebook for Viola Players Ivo Jan van der Werff offers a guide to playing the viola with the greatest freedom dexterity and ease It includes right and left hand exercises to build a sound technique sections on how to practice them how to hold the viola and bow how to think about good posture how to create a good sound how to play with the least amount of tension how to deal with anxiety and thoughts on wellness and practice techniques Alongside these are photographs and a companion website of video demonstrations of the exercises played by the author as if in a lesson Interspersed throughout the book are lively and illuminating anecdotes of van der Werff s own experiences as a student and as a professional musician as well as a number of blank pages and staff paper for the student to literally make notes and write down their own ideas offering a space for creative expression using the skills they learn in reading and playing along with the text Bringing together decades of teaching and performance experience from one of the most respected figures in viola pedagogy A Notebook for Viola Players is a master class in viola ideal for any player hoping to perfect the fundamental areas of their practice *Notebook Viola* jutathip chaodon,2021-11-22 Sorry for the mistake in the subtitles This book is size 8 5x11 This blank lined journal is the size by your want or easily placed other areas for so many uses Write all your important tasks activities journal and plan your entire day Size 8 5x11 100 pages journal for daily entries Viola Notebook Viola Life Publishing,2019-08-02 This

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