

Overview

When we are learning something new, our minds can be our greatest allies or our harshest critics. Are you looking to perform without letting your inner critic interfere? Do you need some time to relax and play peacefully without stress? Or perhaps you want to step back from playing and simply enjoy some inspirational harp music concerts?

In this pathway, you'll find modules on relaxation, performing, and inspiration. You can dip into any module in any order or choose to complete one module before moving on to the next. Enjoy this learning journey and be kind to yourself. To fully benefit from this pathway, it's recommended that you feel comfortable with basic harp skills, but any level of harpists can benefit from and enjoy this pathway.

Relaxation

TECHNIQUE BANK: COURSES

- Body, Arm, Hand and Finger Stretches - Make stretching a regular part of your routine

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TECHNIQUE BANK: COURSES

- Warm ups - ensure you are warming up before every practice, take time to listen to your body.

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WORKSHOP: Eleanor Turner: Slow and Spacious

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MASTERCLASS: Vickie: Body, arm and hand position. Playing without pain. Relaxation.

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TECHNIQUE BANK COURSES

- Mastering Rolled Chords

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WORKSHOP: Wendy Stewart: In the Snow where the Deers are

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APPLY YOUR LEARNING: Learn 3 relaxing tunes at a level relaxing for you to play, enjoy beautiful simple arrangements under your fingers, choose the level based on your current playing -

- Oogwey Ascends
- Bless Us All
- Amazing Grace

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STRETCH YOUR LEARNING: Get a notebook and begin reflective journaling

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Reflective journaling can help you:

- **Enhance self-awareness** by connecting deeply with your musical journey.
- **Set and achieve goals** by tracking progress and celebrating accomplishments.
- **Reduce stress** by providing a therapeutic outlet for practice and performance-related feelings.
- **Improve problem-solving** by reflecting on challenges and solutions in your practice sessions.
- **Foster creative growth** by encouraging exploration and experimentation with new ideas and approaches to your music.

Performance Anxiety

WORKSHOP: Grace Browning: Shine Your Light

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WORKSHOP: Molly Gebrian: Performing From Memory

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WORKSHOP: Noa Kageyama: The Bulletproof Musician

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COURSE: Practice Performing with Heather

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APPLY YOUR LEARNING:

- Join a Practice Together Session. Even though you are muted just having your camera on while playing will help with performance anxiety
- Perform a work in progress for your pod, family member or friend
- Sign up to perform in a member concert (July and December every year)
 - Email Katherine at hello@howtoharp.com to get involved

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STRETCH YOUR LEARNING: **Start a YouTube Channel and begin regularly uploading** and sharing recordings - you can start by sharing them in your pod, or the How To Harp main community! (Remember you can make the recordings private and then only share them with those you choose to see them!!)

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Inspiration

CONCERT SERIES: Amy Turk In Concert

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CONCERT SERIES: Eleanor Turner in Concert

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CONCERT SERIES: Tamsin Dearnley in Concert

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CONCERT SERIES: Pippa Reid-Foster in Concert

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CONCERT SERIES: Gillian Fleetwood in Concert

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CONCERT SERIES: Dimitra Fleissna in Concert

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There are many other wonderful concerts from fantastic harpers, so have a look around and listen to as many as you like!

APPLY YOUR LEARNING:

- Take the inspiration further by working through a workshop by someone who's concert inspired you.

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STRETCH YOUR LEARNING:

- What areas of harping are you inspired to explore further?
Act on this inspiration.

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Record any additional learning, thoughts, goals or plans here: