



The Influence of Low Flutes on C Flute Tone

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Presentation created for the 2026 Low Flutes
Festival



Sections

- Why Low Flutes?
 - Physicality
 - Openness
 - Relaxtion
 - Exercises
 - Impact!
- 



Why Low Flutes?

What brought YOU to low flutes?

Look?

Function within the ensemble?

Sound?

Volun-told?



The slide features a light beige background with decorative elements. In the top-left and bottom-right corners, there are stylized musical notes and treble/bass clefs on a staff. On the left and right sides, there are abstract, flowing shapes in shades of brown and orange, resembling smoke or liquid. The main title is centered at the top in a large, dark brown serif font.

Our Bodies Adapt

- Muscles and Tendons and Ligaments, Oh My!
 - So many moving parts!
 - Bodies Change
 - Low flutes are like the gym!
- Use Our Lungs Better
 - Lung capacity may or may not increase, but can manage them more effectively
 - Inhale and Exhale
 - Less Numbers Requires More Effective Air Usage
 - No Faking!



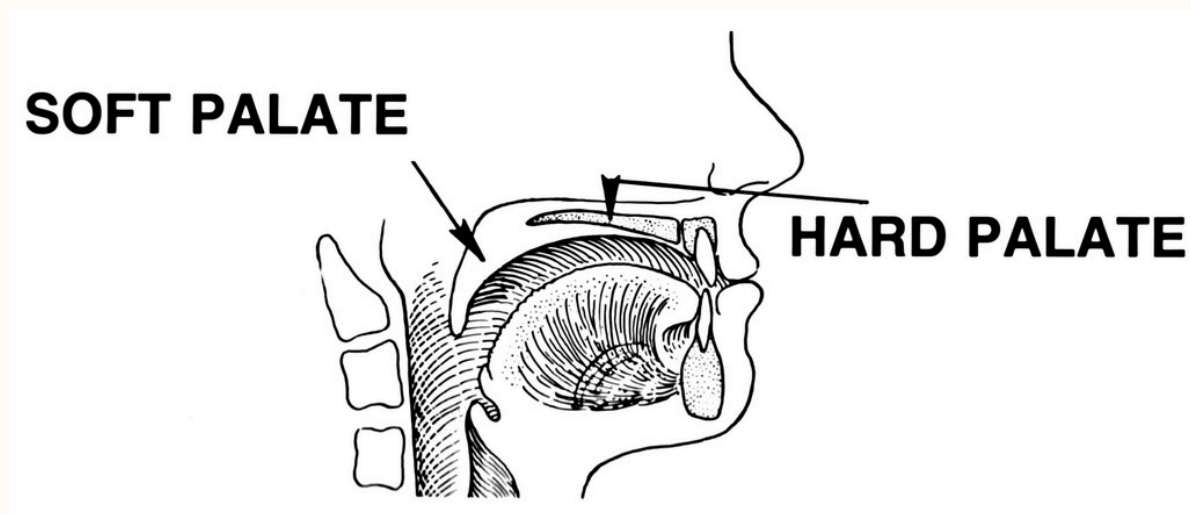
How does it help?

- Adapting muscles for heavy lifting makes light lifting easier
 - Making low flutes comfortable (and healthy) translates to ease in C flute playing
- Breathing Better
 - Microscope on Breathing
 - Breathing becomes more effective



Openness is Key

The Hard and Soft Palate



Hard Palate


- Stationary
- Can be used for articulation purposes
- Not the focus

Soft Palate

- Manipulatable
 - Moves during yawning, speaking, and breathing
- Opens while playing flute, opens further for access on low flutes
- Low Soft Palate = pinched, nasal, narrow sound
- High Soft Palate = resonant, open, warm sound



How does it help?

- Reduces Bumps Along the Way
 - Openness needed for Low moves to lovely open on C
 - Smooth Lines, No Pinches
 - Open Mouth/Teeth = Open Resonating Chamber
 - Opening resonating chamber (mouth) increases ability for expression, decoration of sound
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Relaxation



- **Body Awareness**
 - Body Walk!
 - Body Mapping and Proprioception, The Inside and The Outside
- **Embouchure**
 - Open and relaxed embouchure
 - Calm and squishy cheeks
 - Even more with low flutes!



How does it help?

- Better Physical Awareness
 - Bigger Flute = more spacial awareness
 - Awareness in Body Mapping
 - Flexibility on C Flute
 - Habit of relaxed embouchure translates to C flute
 - More relaxation = no restrictions, more things to move for flexibility
- 





Exercise in Awareness

Breathing

Stretching

What does it feel like to lift our
flutes?





Exercise in Openness

Singer Massage

Yawns

Breathing with Raised Soft

Palate



...Openness



Marcel Moyse - De la Sonarite, Exercise #1



Exercise in Relaxation

Body Mapping
Progressive Relaxation
Active Relaxation with Flute!

...Relaxation

Alto



Bass




Camile Saint Saenz - "The Swan" from Carnival of the Animals, m. 1-4



Additional Resources



- “Body Mapping for Flutists” - Lea Pearson
 - Body Mapping
 - @thefunctionalmusician - Austin Pancner
 - Biomechanics FOR musicians
 - @yogaforallmusicians
 - Yoga, breath-work, mindfulness work
 - Chris Potter Method Books
 - Alto and Bass
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Questions?

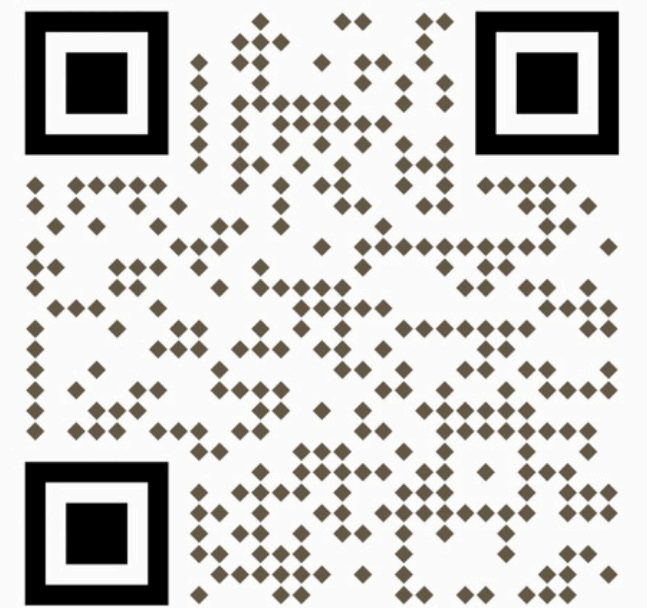


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Thank you!

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My Instagram!