

# STRETCHING EXERCISES

## ATMOSPHERES

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*New Concepts, More Stretching Exercises are on Sirkelen Sluttes: Pages: 75-82; Completing the Circle: Pages: 101-108*

### **Stretching Exercises**

Okay. Here's a great one they teach in middle schools. It's a killer, although I enjoyed it myself. It's a stretching exercise, and it's called **Watching the Ants**.

Okay. So you're still in this position. You still have nice power down through your feet. You're still up nice and high and powerful, and your hands are on your knees. And you lean forward, way forward, stretching that back, keeping it flat.

And you notice over to your right that there's some wild ants coming. And now - use your imagination again - you watch that line of ants come all around you and way out in front, just an endless little line of ants going somewhere. And you keep that stretch, and you watch them all the way over to the other side. Oh, well, here comes another line the other way. Then they go around, and you stretch. It's nice and slow.

My teacher kept admonishing me that you really have to see the ants (laughter). And I admonish you, too. You have to really watch them. And then back the other way, stretching way out, way behind you, far behind you, and then back around, stretch through the spine, reaching way up to the top of the head, all the way around to the back. And then come around to the front and just relax forward. Just relax. You don't have to bounce or anything, just relax. Then pull up slowly.

Okay. Put your right arm up in the air. Okay. Left hand up and around, and just pull over, just pull. And then the other way, just pull. So you're just pulling up to stretch here, just pull. Yep. That's it. Good.

Okay. Just doing a little head work, just let your head, by itself, just come forward and just hang, and then come upright. So you're going to make sure that it's not wobbled, that it's straight up and down. And just turning just the head, not your shoulders, to your right around as far as you can, and then coming back. And stretch. Keep your head nice and high. Then to the front. And then lifting your chin. Then coming forward. Good.

So put your right arm up. Put your left hand inside here (under the upper arm) and just pull around. You can look fully behind you and pull in that arm towards the shoulder, and then come back around, change hands, look way behind you, and come back. Good. Just let your shoulders rotate. Okay.

Questions? We'll do some more of that, too. You can develop a whole, very short, rather intense system of stretches just sitting in the chair, which is a nice thing to do for ensembles. It's easier to deal with when you have them sitting already.

### Atmospheres

Now, what you're going to do-- and so you be thinking about something great-- is that you're going to enter into the space. And probably what I'll do is I'll move the whiteboard over so that you'll have a little hidden entrance from which to come. And you'll enter the space, and in the space as you enter, **you will create an atmosphere.**

And the atmosphere can be anything you want. But you will push it out with your powers now of projection. You will fill the space with your atmosphere. You can't say anything. You can grunt. You can NOT make explanation. You can make sound, but you CANNOT make words. You can sit. You can stand. You can move around up here if you want to.

And if some stimulus happens in the middle of it, you can change atmospheres like that. So if suddenly you realize something or something happens that you see or notice or whatever and it changes your atmosphere, then you can change. And you're only out here for just a few moments, and then you leave. And as you leave, make sure you leave the atmosphere in the room. Just make sure you leave it here as you go. Okay?

Did you ever come home and you go, "Hi!" and you hear, "Hi." Oops. Okay? Now, what do you know? "Hi!" "Hi." Ooh-ooh. "HOW ARE YOU?" "Fine." "WELL, I'M HOME!" (laughter). Now what do we have in the house? What I refer to as the War of Atmosphere. Somebody's in a good mood; somebody's in a bad mood. Who's going to win? It goes on all the time.

When we're by ourselves, we put on just the right appropriate music to take us into the doldrums because that's where we are, and so we do that. We dress for it. We move for it. We create an atmosphere with our entire beings. We want everyone to know, like Masha in *The Seagull*, just how we feel. We want everyone to know that we're sad or happy or ecstatic.

So that's all you're doing. You're just walking in, and mostly by action, you're going to create an atmosphere. And the only thing that I ask is that you now think about the power of projection, which is that you can project it from behind the whiteboard. **Fill the space with that atmosphere even before you walk into it.** It's much easier. You don't have to work hard out here. You just have to be in this atmosphere. You just have to just keep going. There you are.

If you want to be someplace specific, you can imagine yourself someplace specific. If you want to be here, you can imagine us as the enemy. That's fine.

You can respond to us that way, as if we're here or not here, whatever you determine. It's your imagination. It's whatever you want to do.

**But make sure you leave the atmosphere out there when you walk away.** Do you know what I mean by that? That you don't take it with you, that you don't absorb it, that you just leave it out there as you walk off so that it stays there after your exit. It's important.