

## Let's Practice the Flow to see how simple it can be.

Before we get into the weeds, let's get the gestures of what you're doing. Practice going through the MOTIONS repeatedly. (I like to use 10 coins to help me count the repeats in a practice session) This is one sequence that works. You may see me sharing slightly different sequences in different videos. **It doesn't matter whether you speak or play first.** I teach it both ways in different trainings.

The point of learning the PARTS and the GESTURES is not so you can get it 'right' but so you start to understand the flow. So let's do it!

### RECORDING:

<b>START the VIDEO</b>
<b>1. SMILE</b> at the camera, turn to your instrument
<b>2. PLAY</b> an intro (i.e. ground & flourish)
<b>3. SPEAK</b> a message of love to the person you'll be sending it to, looking right in the camera
<i>(Optional: Ground &amp; Flourish again)</i>
<b>4. PLAY</b> a short song on your instrument <i>(Optional: with a fancy ending)</i>
<b>5. SPEAK</b> a Farewell
<b>6. STOP THE VIDEO</b>

### SHARING:

Record the video.
Upload the video to YouTube (or Vimeo)
Get the "Sharing" Link
Add it to an email with a short greeting. Hit Send.

It can be just this easy – and with a little bit of planning, you can be creating and sending them out in a couple hours.