

sama MONTHLY

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INSTRUCTOR CORNER



SLOW PRACTICE AND SLEEP

Imagine getting better at a musical instrument twice as fast, with only half of the effort you are currently putting in. Sounds crazy, right? Well, if slow practice isn't a priority, then music learning is not at its optimum. The same goes for sleep! If you are not getting enough sleep, whatever you practiced the day before will not be retained as efficiently as it could be. Sleep more, worry less, and become a better musician all at the same time! Slow practice...it is usually agonizingly boring. No one wants to do it, and it's hard to see why anyone would want to without an understanding that learning music is not instantly gratifying. Playing fast may seem cool, and while it is necessary for particular passages in music, I can't stress enough how much more efficient slow practice is. Slow practice increases awareness and gives us more time to think about what is actually taking place. It allows for a deeper understanding of the music itself.

Make sure that if you are practicing properly you are also sleeping well. Sleep is where the brain restructures itself based on the day just experienced. So, if you practice a lot but sleep very little, you are giving yourself a huge obstacle. We all want the ability to play fast but it takes a lot of patience, time, focus, and sleep. Practice slow, sleep well, and you'll be off to a great start!

- Mark Harrison, B.M., Piano Instructor

UPCOMING EVENTS: OCTOBER



SHANE DUYVENÉ DE WIT'S
BIRTHDAY



ERIKA TORRES' BIRTHDAY



SAMA ENSEMBLE
"HOUSEWARMING PARTY"
PERFORMING @ TWO STEP
RESTAURANT AT 6PM

STUDENT OF THE MONTH

"LEXA S.
HAS A GREAT
ATTITUDE AND
COMES IN READY
TO LEARN EACH
AND EVERY
WEEK!"

- JAKE RAMIREZ,
GUITAR INSTRUCTOR



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