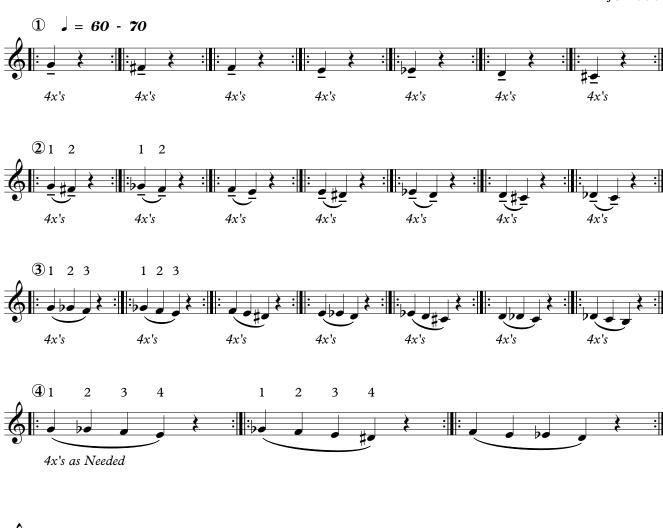
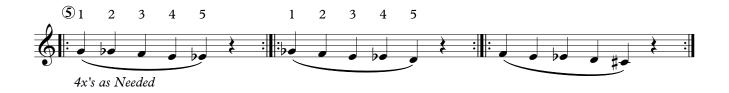
Start from an Engaged, Relaxed State as in "MoM" Release the Pooh. Let Go. Play Evenly Remove Mouthpiece. 4x's = Between 2-4 times. Count the Notes as you Play. --> --> / <-- etc.

## Heart Mind Bell Pooh Practice One

JC Heisler











The Brass School www.jcheisler.com

Start from an Engaged, Relaxed State as in "MoM" Release the Pooh. Let Go. Play Evenly Remove Mouthpiece. 4x's = Between 2-4 times. Count the Notes as you Play. --> --> / <-- etc.

## Heart Mind Bell Pooh Practice Two

JC Heisler





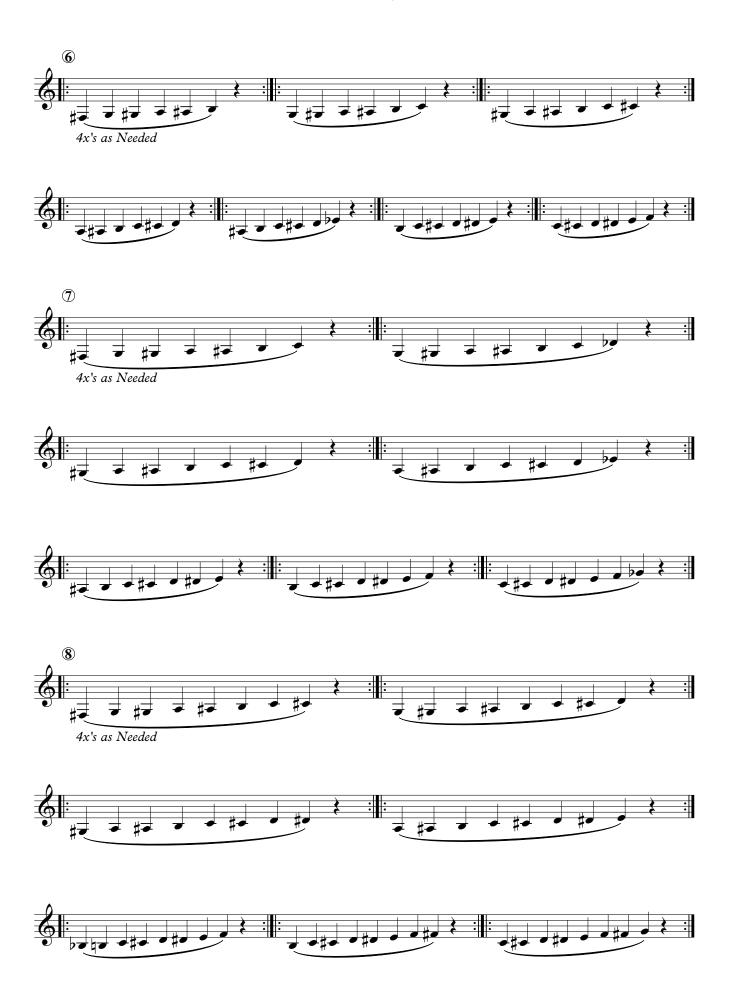








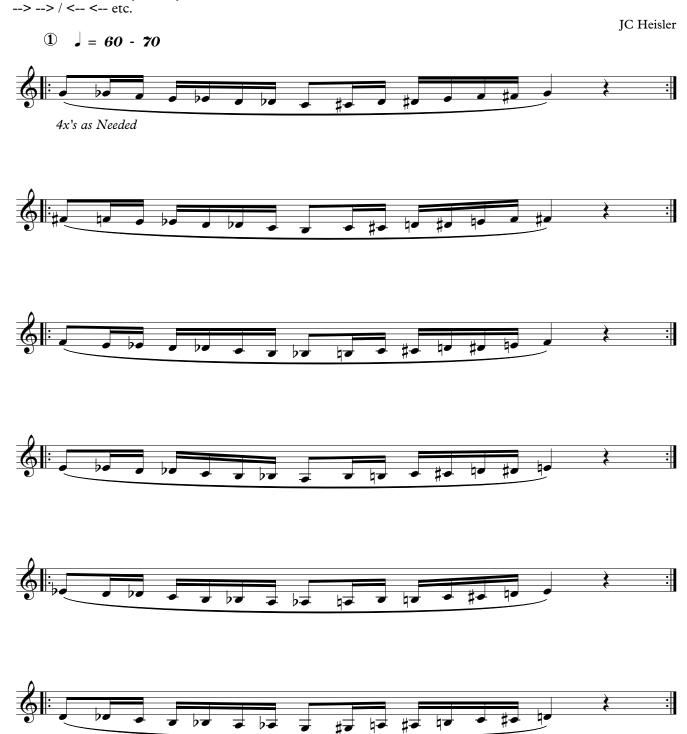




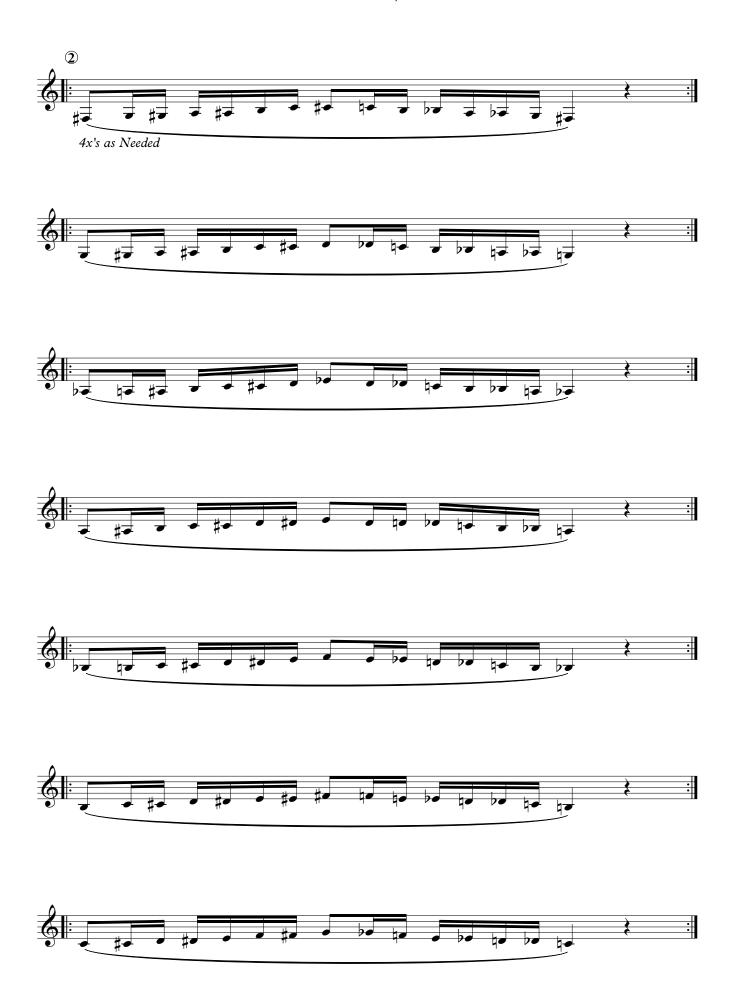
The Brass School www.jcheisler.com

Start from an Engaged, Relaxed State as in "MoM" Release the Pooh. Let Go. Play Evenly Remove Mouthpiece. 4x's = Between 2-4 times. Count the Notes as you Play.

#### Heart Mind Bell Pooh Practice Three





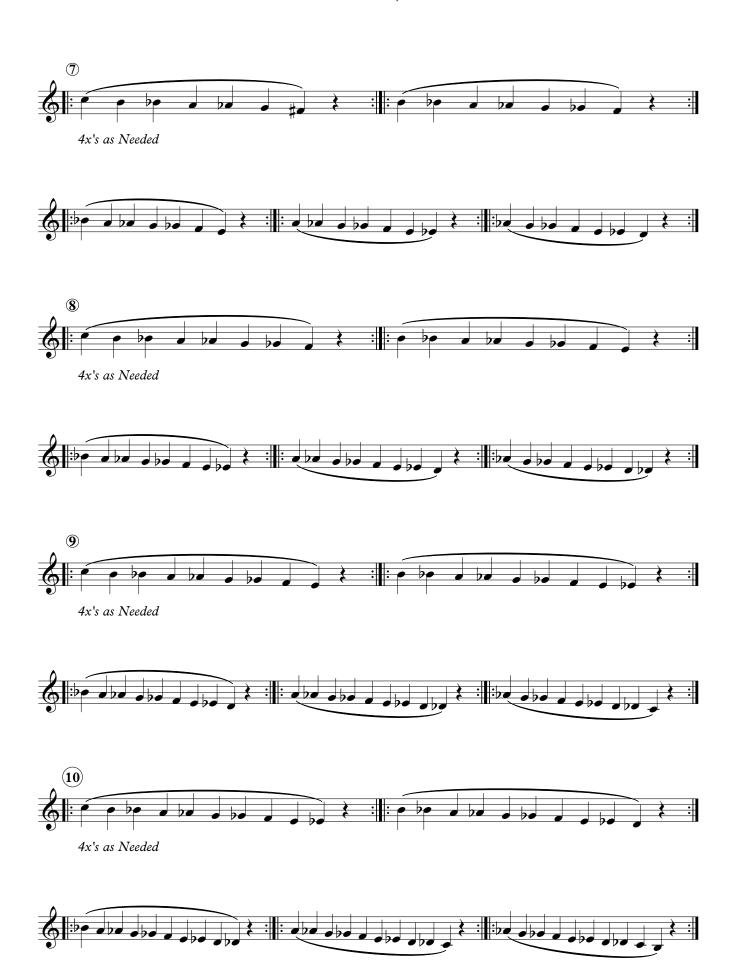


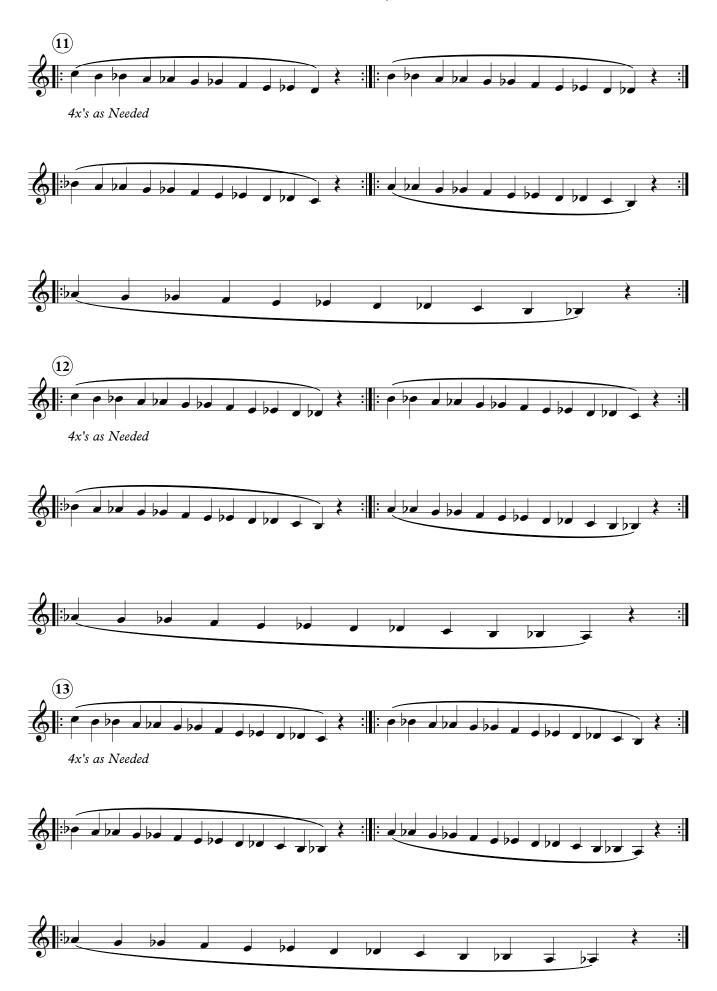
Start from an Engaged, Relaxed State as in "MoM" Release the Pooh. Let Go. Play Evenly Remove Mouthpiece. 4x's = Between 2-4 times. Count the Notes as you Play. --> --> / <-- etc.

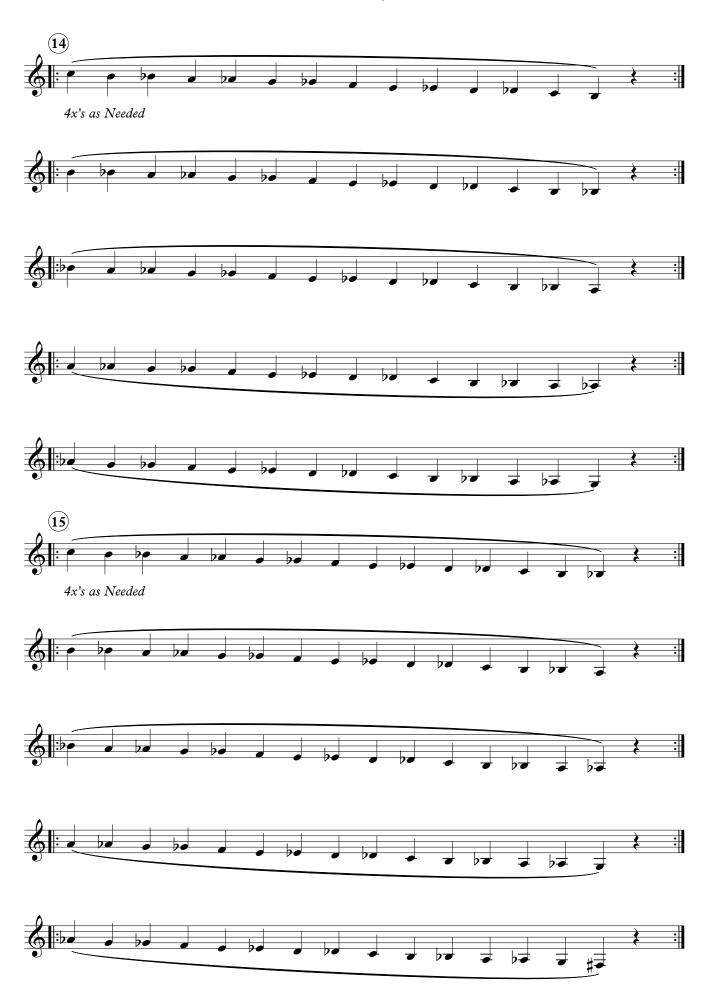
# Heart Mind Bell Pooh Practice Four

JC Heisler









## Heart Mind Bell Pooh Practice Five

Release the Pooh. Let Go. Remove Mouthpiece.

JC Heisler 1 = 60 - 70 4x's as Needed 4x's as Needed



