

Isometric Whistle Training

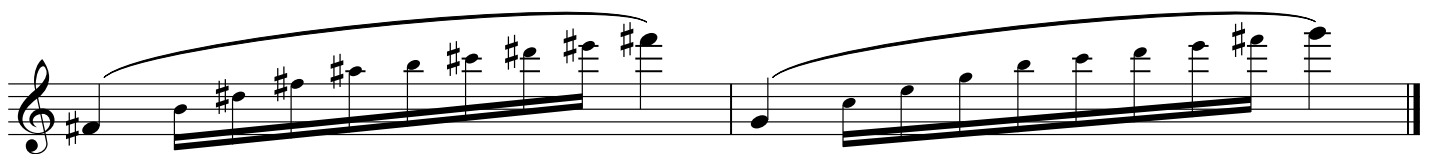
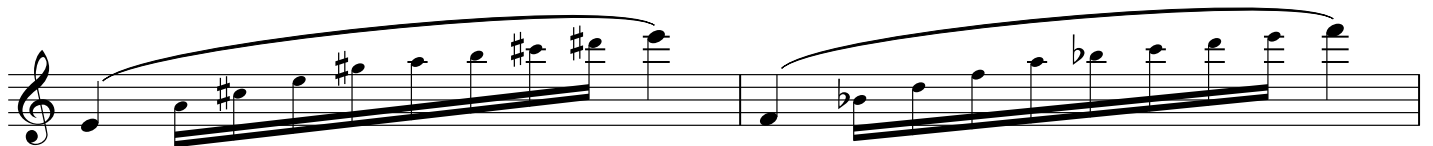
To be played First Thing Daily

Lesson 1

JC Heisler

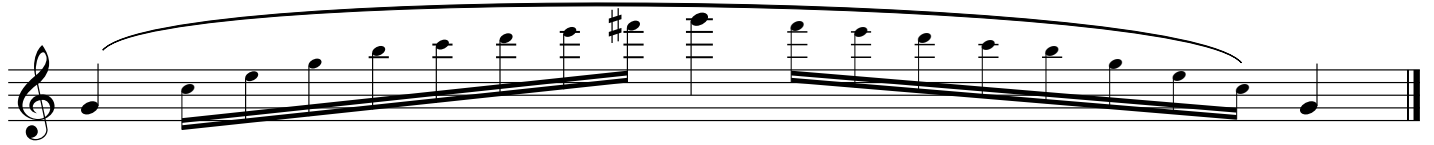
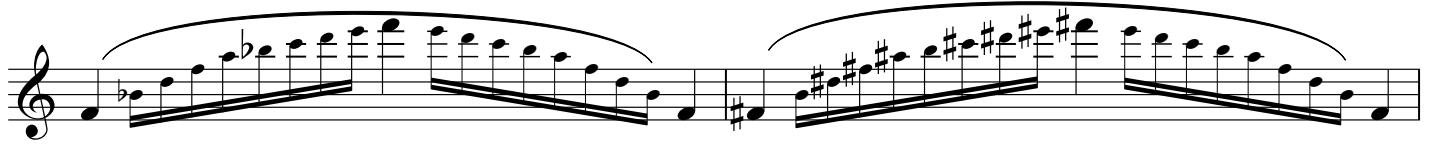
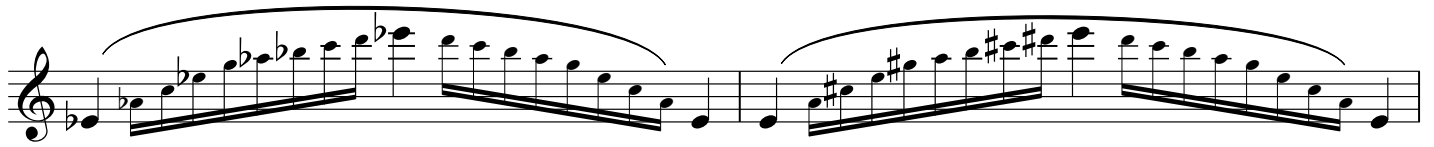


*3 x's Fast, Medium, Slow
From a Harp Gliss. to Arpeggio*



Lesson 2





Lesson 3



Isometric Whistle Training 2

JC Heisler

