

OPEN STRINGS OCTOBER - 2022

The Cello Doll

SUN	MON	TUE	WED	THU	FRI	SAT
						01
<p>All videos can be found on the Open Strings Oct. YouTube Playlist.</p> <p>Use our hashtag #OpenStringsOct & tag @TheCelloDoll so we can cheer each other on!</p>						   
02	03	04	05	06	07	08
		<p>Subscribe & Turn on Notifications</p> 	<p>NEW VIDEO Week 1 Tone Quality</p> 	Week 1 Tone Quality	Week 1 Tone Quality	Week 1 Tone Quality
09	10	11	12	13	14	15
<p>REST DAY EXTRA CREDIT: Week 1 Tone Quality</p>	Week 1 Tone Quality	<p>NEW VIDEO Week 2 Bow Hand Flexibility</p> 	Week 2 Bow Hand Flexibility	Week 2 Bow Hand Flexibility	Week 2 Bow Hand Flexibility	<p>REST DAY EXTRA CREDIT: Week 1 Tone Quality</p>
16	17	18	19	20	21	22
Week 2 Bow Hand Flexibility	<p>NEW VIDEO Week 3 String Crossings</p> 	Week 3 String Crossings	Week 3 String Crossings	Week 3 String Crossings	<p>REST DAY EXTRA CREDIT: Week 2 Bow Hand Flexibility</p>	Week 3 String Crossings
23	24	25	26	27	28	29
<p>NEW VIDEO Week 4 Endurance</p> 	Week 4 Endurance	Week 4 Endurance	<p>REST DAY EXTRA CREDIT: Week 1 Tone Quality</p>	<p>LIVE STREAM: Open String Q&A 6-7pm EST</p> 	Week 2 Bow Hand Flexibility	Week 3 String Crossings
30	31					
Week 4 Endurance	<p>HAPPY HALLOWEEN! You've Finished Open String October!</p>	<p>*Listen to YOUR BODY* throughout the program, taking extra rest days as needed. EXTRA CREDIT days are optional & should only be done if your arms/hands feel well.</p> <p>-Support my projects on Patreon and get exclusive content!</p> <p>-For lessons & business inquiries, reach out at thecelldoll@gmail.com.</p>				