

PRANA Mouthpiece Acclimation

It is not a coincidence that the same physical approach to playing that players such as Wynton Marsalis and Maynard Ferguson have had for their entire careers is also the physical approach to playing that allows PRANA mouthpieces to be an immediate advantage for any player!

The “secret” is simply to align your entire body so that you can take a full, complete, fairly relaxed breath every time you play. To that end, for many players, the key to instant acclimation to Monette equipment and to PRANA mouthpieces in particular is not in the “chops,” **but actually in the feet, knees, hips and throat.** This is true whether one is playing standing or sitting.

Follow the four simple steps on this page and you will see in less than one minute what we are talking about! Opening the hips, chest and throat more than you are used to can reduce your PRANA acclimation from days or weeks to hours or even minutes.

The next time you see Maynard or Wynton



or Terence or any of our well-known clients, notice that they always play with their entire body, and you can HEAR IT in their sound! Notice that the higher they play, the more they bend

their knees! Remember: Feet, knees, hips, chest, shoulders and throat all aligned and open, and PRANA mouthpieces will treat you just like all the famous guys!

Body Use and Breath



Step One

Stand or sit the way you normally do when you play, and take a slow, relaxed breath. Follow the breath up the chest until you start to feel a constriction, and notice at what point coming up the chest with the breath you start to feel “tight.”

Step Two

Look at your feet and make them parallel, about hip distance apart. Feet parallel, NOT SPLAYED. If standing, bend your knees and KEEP THEM BENT (or at least unlocked!). If sitting, bend your knees in so they are behind your feet—not splayed out to the sides.

Step Three

Keeping your knees unlocked as in #2 above, lower your shoulders and then tuck in your chin just a bit more than you are used to—but not enough to be cause discomfort.

Step Four

With the feet parallel, knees unlocked, shoulders down and chin tucked in just a bit, take the same breath as before, and follow it up the chest. Voilà! The breath comes much higher up the chest and you can really breathe. Now push your tuning slide back in a bit and have fun with your new upper register!