

HELLO AND
WELCOME!



DR. SOPHIE'S CELLO LAB

PART 1

Welcome, I'm so glad you're here.

Shifting is often treated as a technical hurdle to overcome but in my experience working with many **cellists at every stage**, it's rarely about ability. More often, **it's about accumulated tension, uncertainty, or trying too hard to "get it right."**

This first training is an invitation to approach shifting a bit differently.

Rather than forcing accuracy or stretching toward the next position, **let's begin by softening**. We'll return to awareness in the body to rebuild safety in movement. From there, **clarity and expression can grow naturally**.

Over the next three parts, you'll explore ease, mapping, and musical intention,. These are not separate skills, they are **connected aspects of confident and expressive shifting and playing**.

Take your time with this work. **Let it be slower than you think it should be**. Notice what changes when effort softens.
Let's begin

— SOPHIE

WHO AM I?

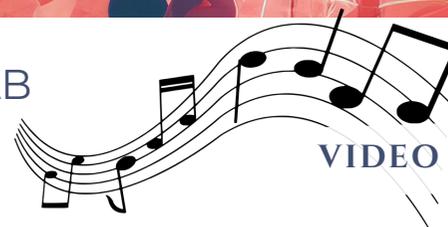
SOPHIE WEBBER

Dr. Sophie has performed across the States and in the UK, has received numerous awards and prizes for her playing, and has released three critically acclaimed albums.

With over 25 years of teaching experience, she is a sought-after pedagogue and is frequently invited to give masterclasses across the USA and beyond.

She is also the Founding Artistic Director of Fused Mused Ensemble, a music and mixed media non-profit organization with a mission to amplify voices too often left unheard.





REDUCING TENSION IN SHIFTING: A FOUNDATION FOR EASE

VIDEO 1: EASE & AWARENESS

RELEASE TENSION, BUILD SAFETY, AND EXPERIENCE IMMEDIATE EASE IN SHIFTING

SHIFTING ISN'T THE PROBLEM — OVERWHELM IS

THREE COMMON SOURCES OF TENSION IN SHIFTS:

- NOT RELEASING THE THUMB BEFORE YOU SHIFT
- NOT LEADING THE SHIFT FROM THE SHOULDER
- NOT ALLOWING SLIGHT MOTION/TURN OF TORSO/HEAD AS YOU SHIFT UP AND DOWN THE FINGERBOARD

Three-Point Awareness:

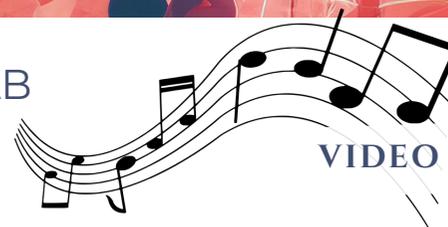
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EXERCISE: SOFT LANDING GLIDE
 SHIFT A = B -C, 1ST TO UPPER 2ND POSITION
 SHIFT B = B -E, 1ST TO 4TH POSITION
 SHIFT C = B -B, 1ST TO THUMB POSITION

suggested Technique Checklist:

1. Fingers rounded in a C shape with thumb
2. Floating elbow
3. Fingers move in a straight line above the same string
4. Allow bow to sink into the string vs “pushing down”
5. Release all tension, lightening the left arm, and freeing the thumb
6. Remember to stay slow, deliberate and present

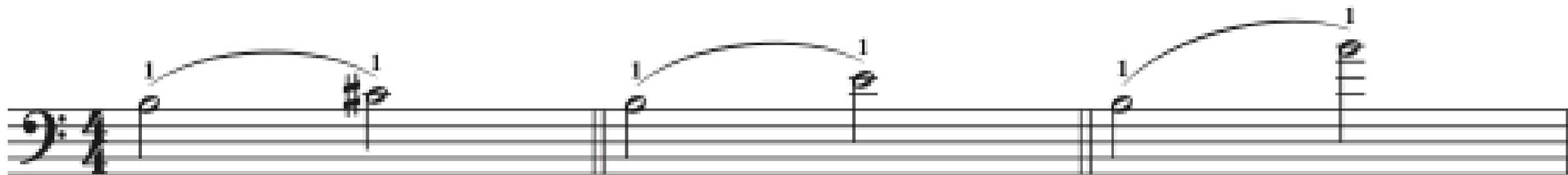




SHIFT A

SHIFT B

SHIFT C



- CHALLENGE #1:** TRY PLAYING THIS ON DIFFERENT STRINGS
- CHALLENGE #2:** TRY THE EXERCISE USING DIFFERENT FINGERS

COURAGEOUS SHIFTS IN THUMB POSITION (AND GENERALLY):
 CHEST OUT. THUMB UP BEFORE SHIFTING INTO THUMB POSITION
 SHIFTING AS PART OF A MUSICAL PHRASE, NOT MECHANICAL TRAVEL

NOTICE HOW IT FEELS WHEN AWARENESS OF EASE GUIDES THE MOVEMENT.

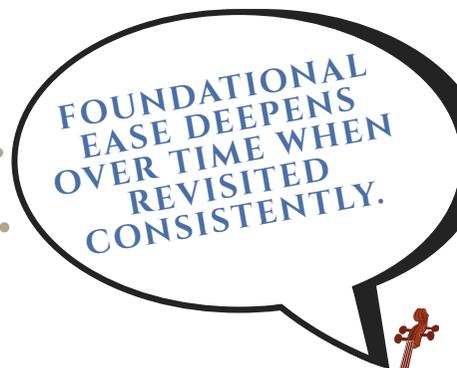
DOES TENSION DECREASE?

DOES THE MOVEMENT FEEL MORE ORGANIC?

WHAT CHANGED WHEN YOU GAVE YOURSELF PERMISSION TO FAIL?



IF YOU'D LIKE TO CONTINUE EXPLORING THIS KIND OF GUIDED, REFLECTIVE PRACTICE, THE PRACTICE ROOM OFFERS A MONTHLY SPACE TO DEEPEN YOUR WORK ALONGSIDE A SUPPORTIVE COMMUNITY OF CELLISTS



FOUNDATIONAL EASE DEEPENS OVER TIME WHEN REVISITED CONSISTENTLY.





DR. SOPHIE'S CELLO LAB ABOUT SOPHIE AND THE CELLO LAB



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THE CELLO LAB



Inside the Cello Lab, you'll find two distinct paths to grow your playing and artistry: one for deep, foundational focus (*the PRACTICE ROOM*), and one for expressive exploration with high-level support (*the STUDIO*).

the PRACTICE ROOM: For cellist of all levels seeking fresh, focused and foundational exploration for their “practice room” with access to a community of other adult cellists.

Offers monthly themed practice companions, topical trainings, live Q&A (P.L.A.Y) interactions, a supportive community, as well as community cello chats.

the STUDIO: For cellists ready to explore artistry, expressive themes, score analysis, interpretations along with foundational focuses.

Offers a creative growth space in a professional online studio environment that includes master classes, small group instruction, private lessons and performance opportunities.

[>>>CLICK HERE TO LEARN MORE ABOUT THE CELLO LAB<<](#)

