

vinyāsa

for string quartet

Larry Goves

2020

Instrumentation:

Violin one
Violin two
Viola
Cello

Before you workout, you should stretch and breathe:

Breathe together except in bar 2 and the final bar.

Your breathing is your tempo.

Play and breathe quietly but audibly, never theatrically, play for yourself.

The pitches are aspirational, other sounds are welcome.

Move into the notes however you see fit.

Explore different bow pressures and speeds within a quiet dynamic, stretch your fingers and your strings.

The piece should last three to five minutes but, like any warm up, you can repeat sections or cut sections out.

vinyāsa

Larry Goves

*breathe slowly and deeply throughout
breathe together
always audibly, never theatrically*

*relax/retune strings; pizz very quietly to check pitch;
take your time; no need to synchronize your breathing
or tuning; wait and start the next bar together.*

Violin 1

breath in ----- breathe out -----

x3 (ppp)

breath in ----- breathe out -----

*breathe slowly and deeply throughout
breathe together
always audibly, never theatrically*

*relax/retune strings; pizz very quietly to check pitch;
breath slowly and deeply; take your time; no need to
synchronize; wait and start the next bar together.*

Violin 2

breath in ----- breathe out -----

x3 (ppp)

breath in ----- breathe out -----

*breathe slowly and deeply throughout
breathe together
always audibly, never theatrically*

*relax/retune strings; pizz very quietly to check pitch;
breath slowly and deeply; take your time; no need to
synchronize; wait and start the next bar together.*

Viola

breath in ----- breathe out -----

x3 (ppp)

breath in ----- breathe out -----

*breathe slowly and deeply throughout
breathe together
always audibly, never theatrically*

*relax/retune strings; pizz very quietly to check pitch;
breath slowly and deeply; take your time; no need to
synchronize; wait and start the next bar together.*

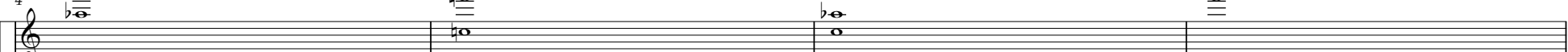
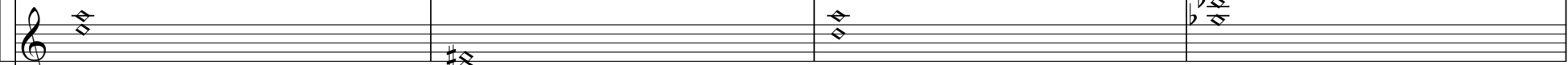
Violoncello

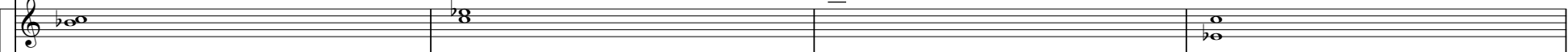
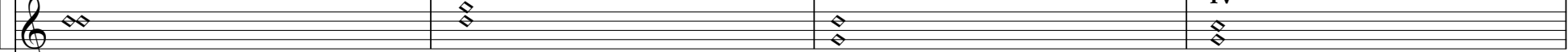
breath in ----- breathe out -----

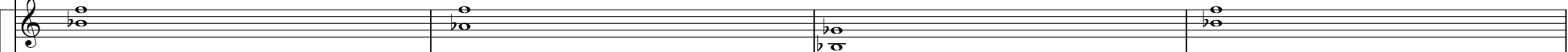
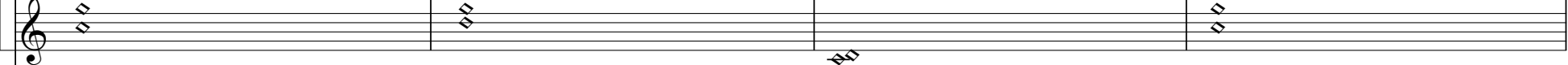
x3 (ppp)

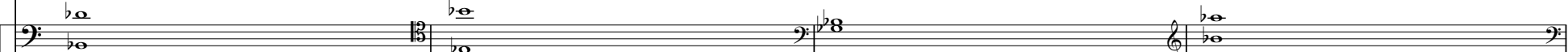
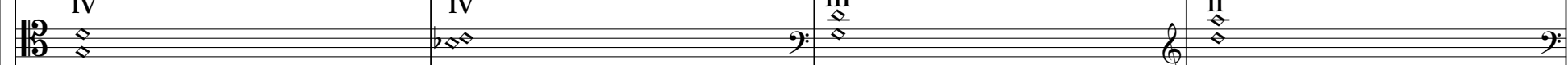
breath in ----- breathe out -----

A

(sounding)  **III**
 Vln. 1 **II**
 (played) 

(sounding)  **III/IV**
 Vln. 2 **III**
 (played) 

(sounding)  **III**
 Vla. **IV**
 (played) 

(sounding)  **III**
 Vc. **IV**
 (played) 

B

Vln. 1

Violin 1 part, measures 8-15. The score consists of two staves: a treble clef staff with a key signature of one flat and a 2/4 time signature, and a bass clef staff. The music is a simple harmonic exercise with a steady pulse. Above the treble staff, the text "breathe in" and "breathe out" is written with dashed lines indicating the duration of each breath. Below the treble staff, fingerings are indicated with Roman numerals: III and II for the first two notes of each measure, and IV for the last note. The bass staff contains a simple accompaniment of quarter notes, with a key signature change to two flats at measure 10.

Vln. 2

Violin 2 part, measures 8-15. The score consists of two staves: a treble clef staff with a key signature of one flat and a 2/4 time signature, and a bass clef staff. The music is a simple harmonic exercise with a steady pulse. Above the treble staff, the text "breathe in" and "breathe out" is written with dashed lines indicating the duration of each breath. Below the treble staff, fingerings are indicated with Roman numerals: III/IV for the first two notes of each measure, and III and IV for the last note. The bass staff contains a simple accompaniment of quarter notes, with a key signature change to two flats at measure 10.

Vla.

Viola part, measures 8-15. The score consists of two staves: a treble clef staff with a key signature of one flat and a 2/4 time signature, and a bass clef staff. The music is a simple harmonic exercise with a steady pulse. Above the treble staff, the text "breathe in" and "breathe out" is written with dashed lines indicating the duration of each breath. Below the treble staff, fingerings are indicated with Roman numerals: III and IV for the first two notes of each measure, and III and II for the last note. The bass staff contains a simple accompaniment of quarter notes, with a key signature change to two flats at measure 10.

Vc.

Violoncello part, measures 8-15. The score consists of two staves: a bass clef staff with a key signature of one flat and a 2/4 time signature, and a treble clef staff. The music is a simple harmonic exercise with a steady pulse. Above the bass staff, the text "breathe in" and "breathe out" is written with dashed lines indicating the duration of each breath. Below the bass staff, fingerings are indicated with Roman numerals: III and IV for the first two notes of each measure, and II and III for the last note. The treble staff contains a simple accompaniment of quarter notes, with a key signature change to two flats at measure 10.

16

Vln. 1

breathe in ----- breathe out ----- breathe in ----- breathe out ----- breathe in ----- breathe in ----- breathe out -----

III
IV

II
III

III
IV

III
IV

III
II

II
III

Vln. 2

breathe in ----- breathe out ----- breathe in ----- breathe out ----- breathe in ----- breathe in ----- breathe out -----

II
III

III
IV

II
III

III
IV

III/IV

III
IV

Vla.

breathe in ----- breathe out ----- breathe in ----- breathe out ----- breathe in ----- breathe in ----- breathe out -----

III
IV

III
IV

III
IV

III
IV

III
IV

Vc.

breathe in ----- breathe out ----- breathe in ----- breathe out ----- breathe in ----- breathe out ----- breathe in -----

II
III

I
II

II
III

III
IV

III
IV

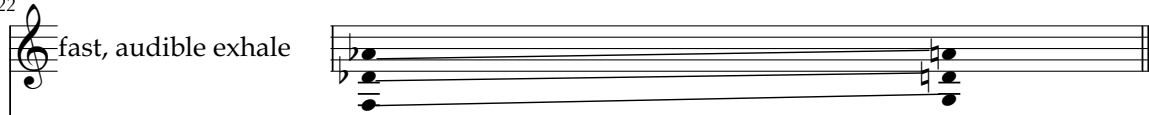
I
II

C

22

*tighten strings; pizz very quietly to check pitch;
take your time; no need to synchronize your breathing
or tuning.*

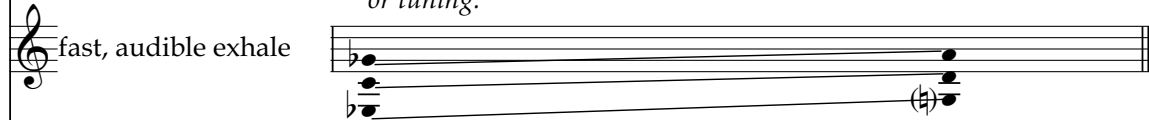
fast, audible exhale



The first staff is in treble clef. It begins with a treble clef and a key signature of one flat (B-flat). The music consists of a single measure with a fast, audible exhale. The notes are a chord of B-flat, D, and F in the bass, and a chord of G, B-flat, and D in the treble. The notes are connected by a slur, indicating a sustained or glissando effect.

*tighten strings; pizz very quietly to check pitch;
take your time; no need to synchronize your breathing
or tuning.*

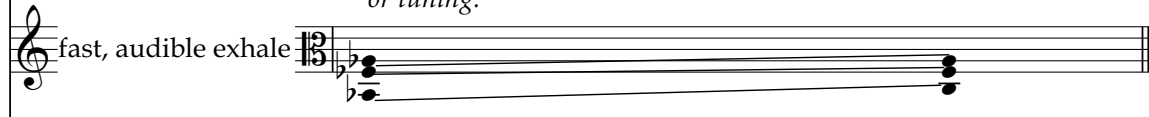
fast, audible exhale



The second staff is in treble clef. It begins with a treble clef and a key signature of one flat (B-flat). The music consists of a single measure with a fast, audible exhale. The notes are a chord of B-flat, D, and F in the bass, and a chord of G, B-flat, and D in the treble. The notes are connected by a slur, indicating a sustained or glissando effect.

*tighten strings; pizz very quietly to check pitch;
take your time; no need to synchronize your breathing
or tuning.*

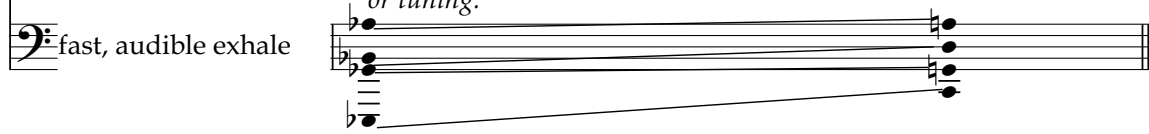
fast, audible exhale



The third staff is in treble clef. It begins with a treble clef and a key signature of one flat (B-flat). The music consists of a single measure with a fast, audible exhale. The notes are a chord of B-flat, D, and F in the bass, and a chord of G, B-flat, and D in the treble. The notes are connected by a slur, indicating a sustained or glissando effect.

*tighten strings; pizz very quietly to check pitch;
take your time; no need to synchronize your breathing
or tuning.*

fast, audible exhale



The fourth staff is in bass clef. It begins with a bass clef and a key signature of one flat (B-flat). The music consists of a single measure with a fast, audible exhale. The notes are a chord of B-flat, D, and F in the bass, and a chord of G, B-flat, and D in the treble. The notes are connected by a slur, indicating a sustained or glissando effect.