## Free Lessons from Dr. Richard Demy

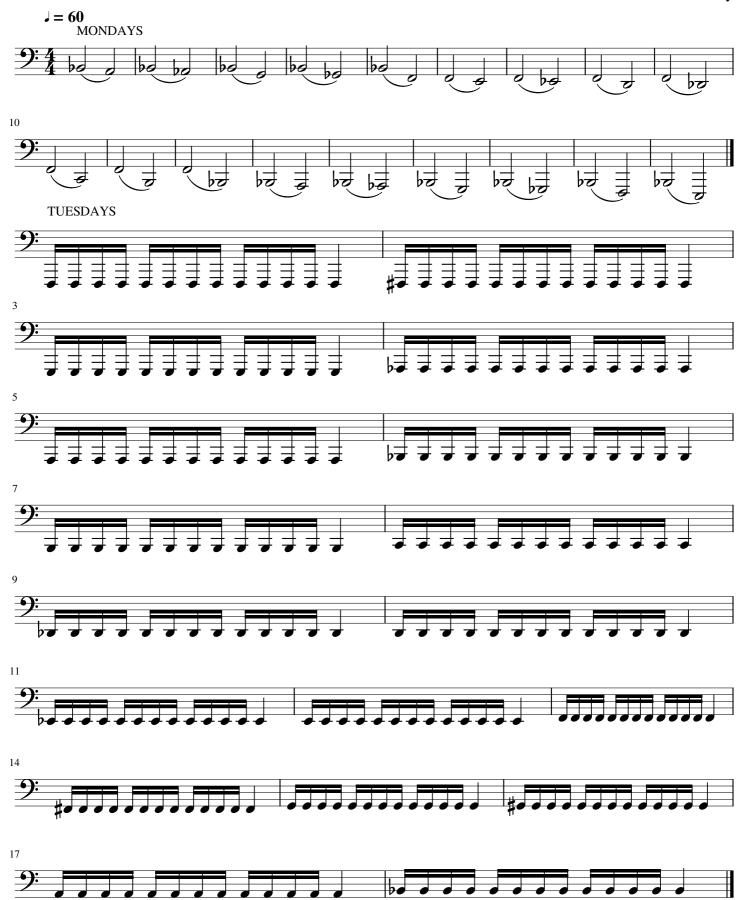
- 1. Record the following daily routine in its entirety
- 2. Upload it to youtube, save it as "[your name] week 0 day1"
- 3. Save this and all other videos to a playlist named "[your name]'s lessons with Richard Demy"
- 4. Repeat every day for 7 consecutive days (by the youtube upload date)
- 5. Then email me at <a href="mailto:lnfo@demymusic.com">lnfo@demymusic.com</a> and share the link with me. I will schedule a lesson with you
- 6. I will give you a different assignment every lesson

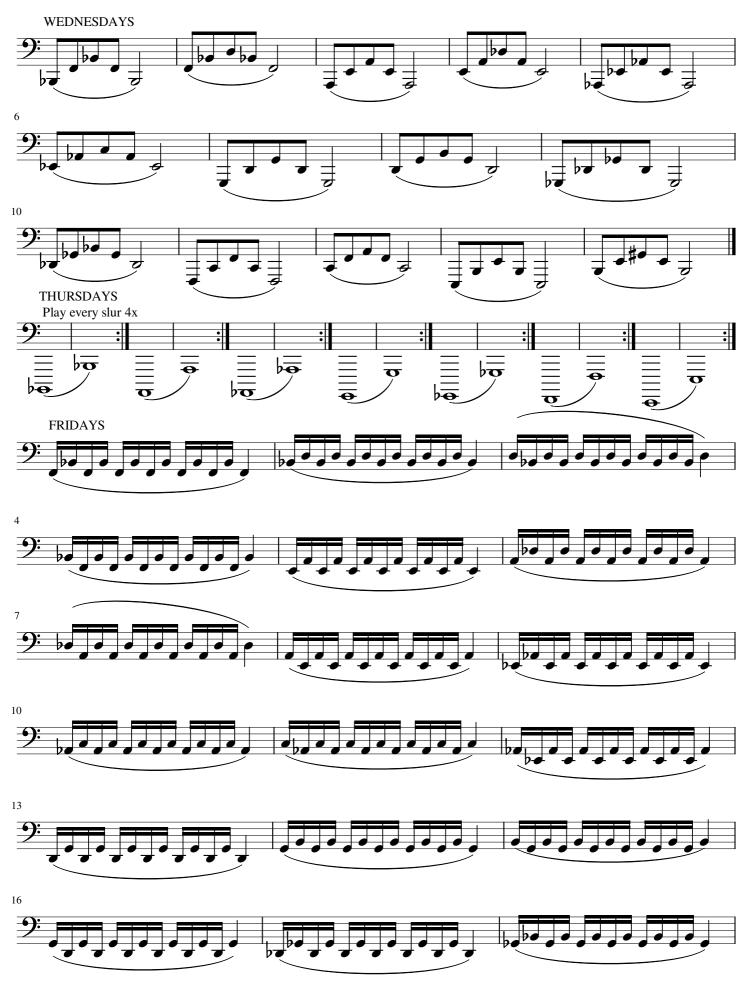
If you have trouble playing anything on the page, play it SUPER SLOW, no metronome requirement. Still have trouble? Send me what you have and I will email you back with some tips.

## NOVA Private Lessons Daily Routine No. 1

Play entire routine everyday. Record and subit each section on day listed

Dr. Richard Demy













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