

Pain-Free Piping & The Mental Game

7 LESSONS · ALL LEVELS

Welcome to Pain-Free Piping & The Mental Game. I built this course to give you exactly this: practical fixes for the aches piping can cause, paired with the mindset habits that keep you playing long term.

- ☐ **01 Live Answers to Your Bagpipe Questions — Ergonomics, Bag Size, Blowpipe Length, Seven Birl & More**
Start with common ergonomic questions on bag size and blowpipe length, since these set the stage for everything physical.
April 27, 2024 · 34m · Community & Extras
- ☐ **02 Achieve Perfect Bagpipe Posture & Better Stamina with the Perfect Angle Blowpipe Positioner**
This gives you one specific, quick fix for posture and stamina that follows directly from those ergonomic basics.
June 2, 2021 · 4m · Setup & Maintenance
- ☐ **03 The #1 Mistake Bagpipers Make With Their Blowpipe (And How To Fix It For Stronger and Pain-Free Piping)**
This addresses a specific blowpipe habit that causes strain, rounding out the physical side of the course.
October 1, 2024 · 14m · Tone & Tuning
- ☐ **04 Performing Your Best — Lessons from Sports and Performance Psychology**
With the body addressed, this shifts to the mind, borrowing lessons from sports psychology for performing under pressure.
February 16, 2023 · 1h 4m · Competing & Performing
- ☐ **05 Atomic Habits**
This applies habit-building principles to piping so your improvements stick instead of fading after a few weeks.
August 4, 2022 · 1h 9m · Fingering & Technique
- ☐ **06 The Discipline of Doing: How the Terminator Mindset Can Transform Your Life**
This adds a short, focused push on daily discipline, since consistency is what turns habits into results.
February 18, 2026 · 9m · Practice Tips
- ☐ **07 Finding Inspiration & Motivation**
As a capstone, this addresses motivation directly, helping you stay engaged with piping over the long run.
June 21, 2022 · 58m · Practice Tips