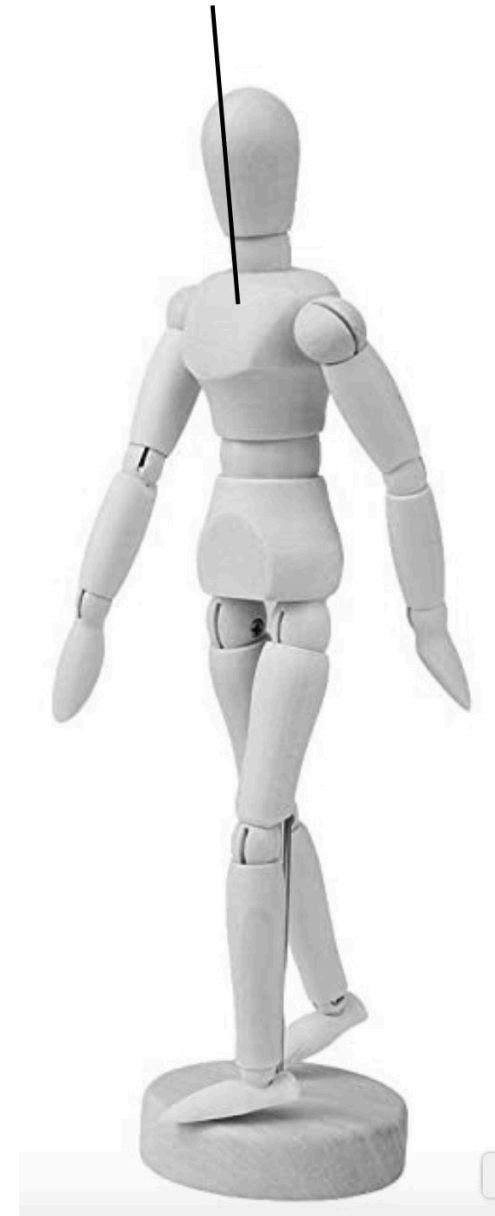
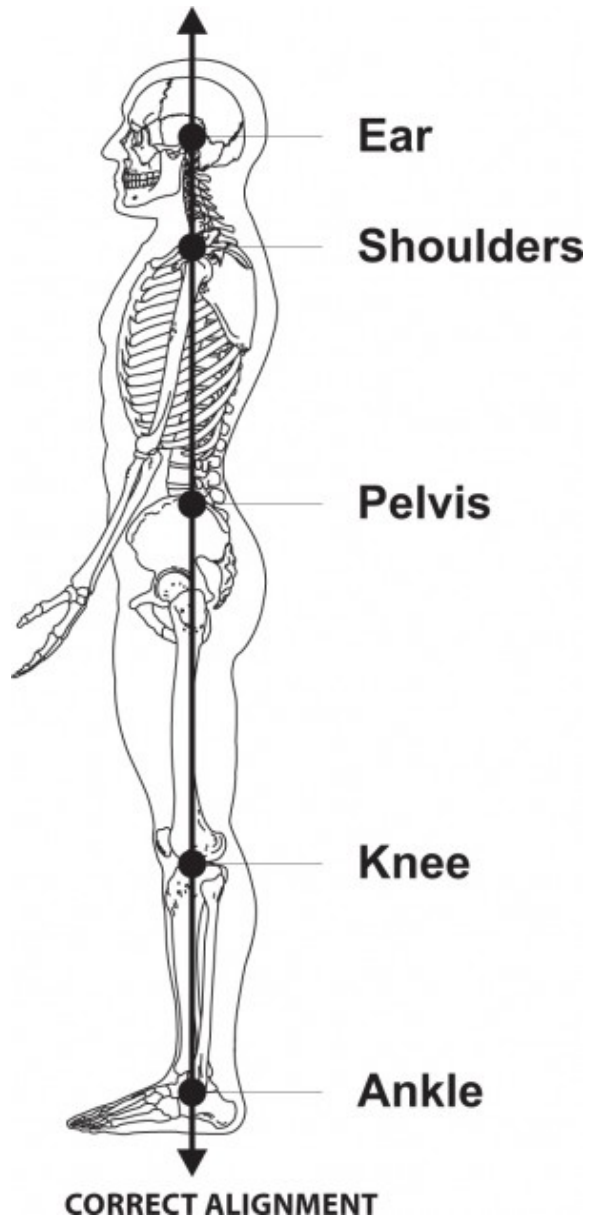


# Singing Posture



- **Posture - Assembling Your Instrument Correctly**

- The body of each singer is their instrument and should be “assembled” correctly. You wouldn’t attempt to play an instrument that has been bent or crushed, so why would you sing with a body that is misaligned ?
- Your entire body is your instrument: from your toes to your head. So let’s start from your toes: [project illustration of ‘stacked’ skeleton]
- **Feet:** Feet should be about shoulder width apart. Balance your weight across your feet evenly so that you are not leaning forward or backward.
- **Legs:** Soften your knees so that they are neither bent nor locked. Position your legs directly under your body, feeling their support.
- **Hips:** Position your pelvis directly under your torso so it can provide maximum support. It should not be pushed forwards or backwards.
- **The Torso:** Your torso contains your lungs, along with the many muscles that help them work. For optimal breathing, balance your torso on top of your hips and allow it to feel large and open. Do not try to flatten your spine; it is naturally curved and flattening it hinders breathing.
- **The Arms:** When you are not gesturing, relax your arms at your sides. Do not make fists, clasp your hands, or fidget with your clothes; this adds tension and makes you look (and feel) nervous.
- **The Shoulders:** Your shoulders are not connected to your ribcage, so they shouldn’t move while you sing. Do not counter this by standing to attention! Instead, float your shoulders into a relaxed, neutral position.
- **The Neck:** Your neck is just part of your spine. Streamline it with the rest of your spine rather than craning it forwards. If you balance your head on your A-O joint, your neck should move into this position
- **The Head:** Balance your head on the top of your spine so that you are neither looking up nor down.
- This alignment would allow an imaginary line to be drawn through the ankle, knee, pelvis, shoulder joint and ear.
  - Practice standing in front of a mirror and check your posture.
- Good posture is about internal freedom [lack of tension].
  - A static alignment of body parts (military stance) is not sustainable as we move around.
- Alternately, you can imagine a string, attached to your breast bone, pulling up until your feet are hardly touching the ground. Your head is free to move without tension.
- Or you could imagine you are the benevolent and much loved monarch of a small country and as you move among your subjects you have a fluid regal bearing.