

Posture for Singing: Aligning the body

THE BASICS OF GOOD POSTURE IN SINGING

1. A firm foundation
2. Lifted upper torso
3. Head in alignment with spine

BODY PARTS CHECK-LIST

Feet – Shoulder width apart with weight distributed evenly, can have one foot slightly in front of the other for more balance.

Knees – not locked, buoyant.

Waist – not locked, relaxed.

Butt – tucked a little to be sure the curve of the spine is not exaggerated.

Ribs – up and out, with a lifted and light feeling.

Shoulders – down and back, roll them to find a comfortable position.

Chest/Sternum – proud; lift hands above the head and gently drop them to your side, sustain the lifted feeling. This allows the ribcage to elevate as needed.

Neck – continuation of the spine, expanded and stretchy tall.

Head – relaxed and balanced atop the spine. Keep chin level and loose.

POSTURE REMINDERS

- Posture should be balanced, free, and flexible. It is upright with a sense of gentle elongation through the neck and spine.
- Good posture allows the breathing mechanism to work more efficiently
- Use a mirror to better understand your natural alignment