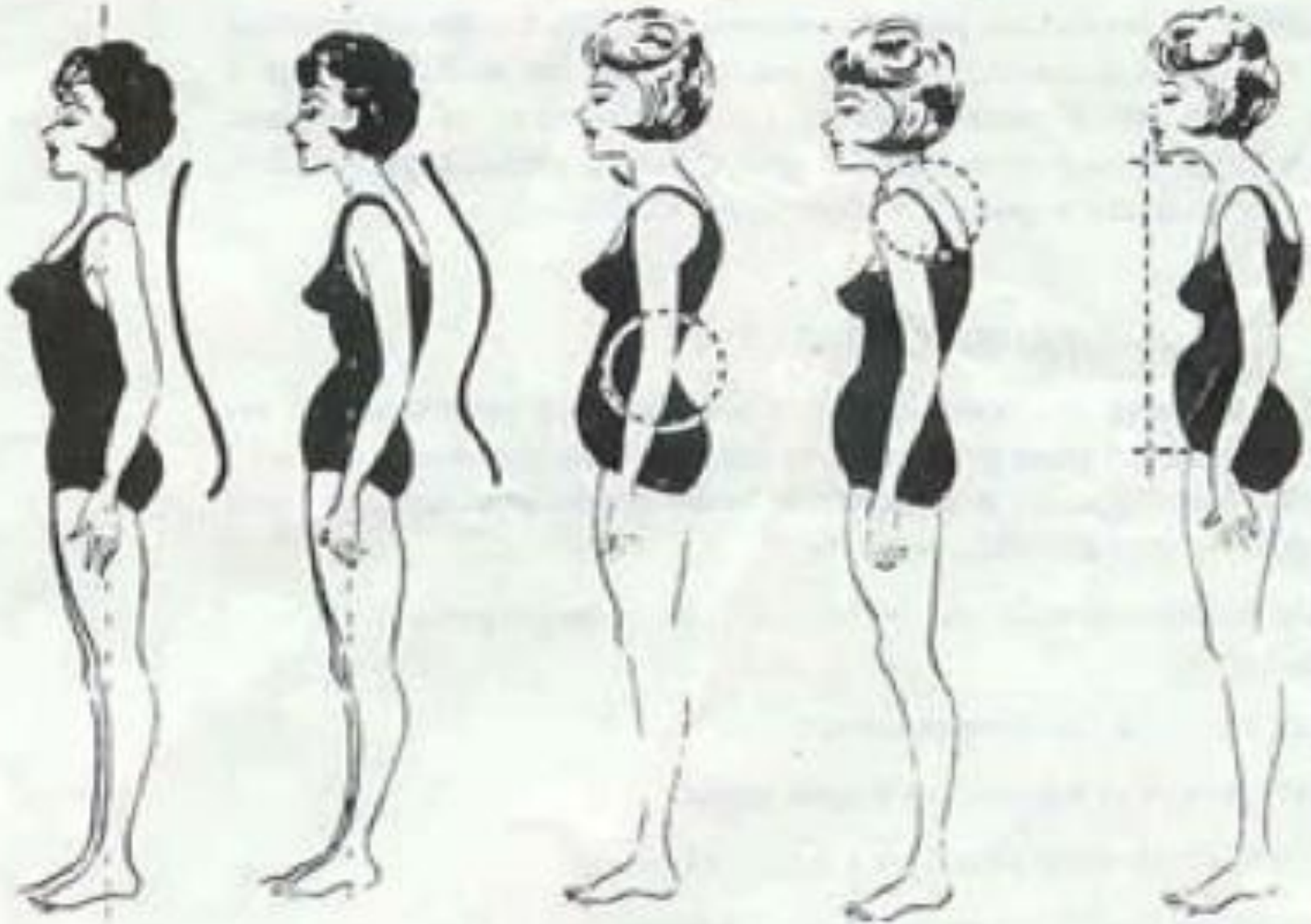


Singing and your body

Since we sing with our whole body, it is important and the basis of all good singing, to learn how to hold the body properly.

FIVE DEFECTIVE BODY POSTURES



Stiff-rigid
Poor Posture

Slumped-Humped
Poor Posture

Sway-back or
lordosis (lor-dō'sis)

Drooped Shoulders
kyphosis (ki-fō'sis)

Sway-back and
drooped shoulders
scoliosis (skō-lēō'sis)

**NATURAL
GOOD POSTURE**



GOOD POSTURE

Head up.
Chin level with floor.
Chest up.
Shoulders relaxed.
Lower abdomen flat.

CENTER LINE

Extends from center of head,
through neck, shoulder, hips,
knees and arches of feet.

BODY WEIGHT

Body weight is balanced along
this center line and supported
by the weight-bearing arches
of the feet.

- One foot slightly in front of the other with both feet comfortably apart for good balance.
- Weight forward on the balls of the feet with heels on the floor.
- Knees relaxed and flexible
- Rear end tucked under slightly
- Chest (sternum) lifted high and wide (not forced) “Lift your heart”
- A feeling of the ribs being lifted up out of the waistline.
- Shoulders relaxed as if hanging on a coat hanger.
- Neck relaxed, head able to move freely.
- Head remains level (parallel to the floor) – no jutting jaw...