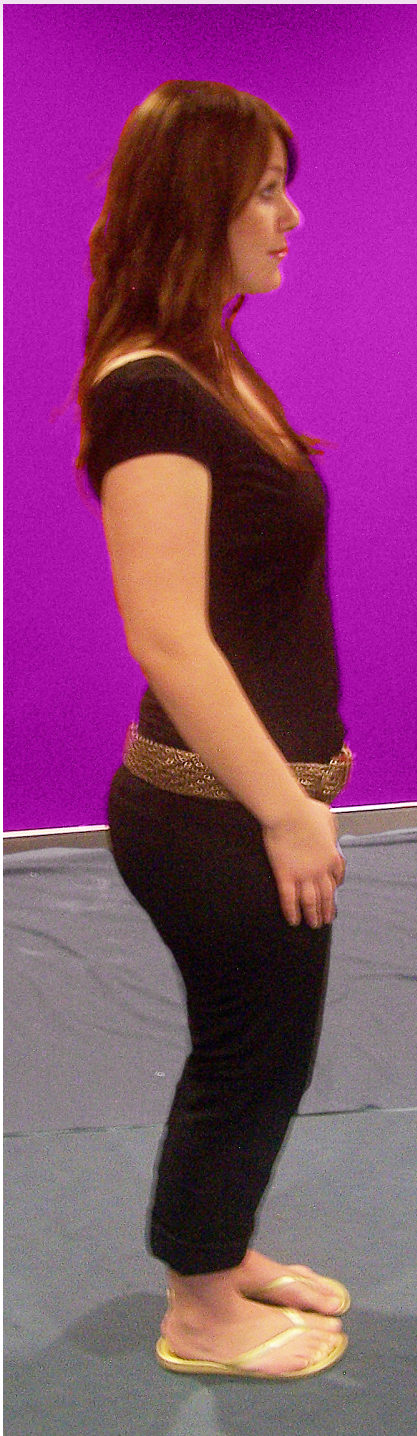


Posture

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Every person is unique; most have good posture though some may have an irregularity in their physique. Through time, bad habits can occur, so it is important to give attention to posture on a regular basis. Adapting to the individual, the following is a guideline for good basic posture.

Lie on the floor; the use of gravity will help you align your posture correctly so you know how it feels when standing. Feel how the spine curves in the middle of the back away from the floor, this is normal.

Now elongate the back of the neck so the curve of the neck gets closer to the floor (this is called straitening the C-curve).

Have the feeling of the head being pulled away from the body with the arms and legs being pulled in the opposite direction.

Now stand with your back and head against a wall and regain the same posture as the lying down position. There should be a curve behind the middle of the back, shoulders should be down, and the C-curve reduced as the head lengthens away from the body. If the shoulders are stocky, then the head may not touch the wall, this is fine but keep the chin down.

Make sure that your legs are in parallel and that your knees are not locked but slightly bent and your chest is raised to the ceiling.

Now move away from the wall with this stance. This is the correct posture. In today's world unlike the classical, performers are not held in this position; it is good to move as you sing. The suggestion is to maintain this posture during daily activities and to use it in rehearsal. It is important to avoid stiffness or locking up.

If you would like to improve your posture in movement, dance classes can give you many of these techniques. However, if you find that obtaining ideal posture proves to be rather difficult or impossible, this may be an indication of a more serious spinal issue. In this case, it is a good idea to see a chiropractor, physiotherapist, or general practitioner who can x-ray the area and pinpoint the cause(s). In most cases, they should be able to recommend treatments/techniques to correct these problems.

Good posture can boost your confidence in performance. This is because good posture aligns your body in such a way as to maximise ease of vocal delivery. While this is by no means a substitute for good technique, it helps in achieving the desired results within your area of performance.