

FIVE ELEMENTS OF PROPER SINGING POSTURE

By Andrew Byrne, NYC Vocal Coach

Toes are facing forward; feet should make the number “11” and are parallel to each other. Feet are hips-width apart, which is the equivalent of your two fists side-by-side, no wider.

Pelvic position- Hips are neutral- not forward, not back.

Shoulders are even, not internally rotated- Palms are facing hips, fingers/hands relaxed and still. Audience should not see the backs of your hands; thumbs should point directly forward. NO internal rotation of shoulders.

Hands must be unclenched. Major “jazz hands” stretch is a good exercise- clench, then release and stretch fingers wide.

Head is postured in relation to your body- ears over shoulders, chin over chest and relatively down.

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