

PROPER SINGING POSTURE

Why Proper Singing Posture Is Important

Most beginners do not know how to stand correctly when vocalizing, but adopting the proper stance **leads to an instant improvement in your voice**. It is not difficult and a few small changes can have drastic results. Learning the correct way to stand (or sit, though standing is preferable) is an easy win. **A relatively small effort results in large gains.**

We'll get into the correct body position below, but basically, you want to stand up straight so that your spine and joints are not bent. Just give this a try to see what a difference just standing up straight can make:

1. **Breathe into your belly** (diaphragmatic breathing)
2. **Adopt a slouched posture and continue breathing the same way**
3. **Now stand up straight and keep breathing**

See how much easier that is? When you are slouching, you can't expand your belly as far as you can while standing up straight. It keeps you from being able to optimize your intake of oxygen, which is vital as a singer.

Correct Posture For Singing

I mentioned standing up straight above, but there is much more to posture in singing than just that. You also need to be aware of the position of your feet, your knees, your hips, your abdomen, your chest, your shoulders, your arms, your hands and your head. **The correct positioning of each of these body parts helps to improve your voice a bit.** Let's take it one part of your body at a time and go through the correct positioning for each, beginning from the top.

Head Position

Keep your head level, with your chin parallel to the floor. Your chin should be back a bit, so that your neck is straight. ([more info](#))

Chest and Shoulders

Keep your chest high and your shoulders back and down. They should remain relaxed. Don't push them so far back that they are strained.

BREATHING EXERCISES

Abdomen

Keep your abdomen flat, but firm. It should also be expandable, so that you can breathe properly using your diaphragm. ([more info](#))

Arms and Hands

Keep your arms and hands at your sides. They should stay relaxed, with a small space between your hands and your body.

Hips

Your hips should stay directly below your torso for maximum support. Make sure not to thrust your hips forward or back.

Knees

Your knees need to stay loose. Make sure to never lock them up. Locking them restricts blood flow and can actually cause you to faint.

Singing Posture Exercises

I know reading those detailed instructions for each body part can seem overwhelming, with too many things to pay attention to at once. But it's not as difficult as it seems.

Do the following exercises to practice adopting the correct singing posture. Focus on one body part at a time, if necessary.

1. **Stand up against a wall**, facing away from it, with your heels, calves, buttocks, shoulders, and head all touching the wall. Remain in that position for a few minutes to get used to it.
2. **Practice breathing into your abdomen**. Put one hand on your stomach so that you can feel your abdomen expanding and contracting, to make sure you are breathing correctly.
3. **Try leaning your body weight forward** so that you are almost standing on your toes. Feel how your weight distribution impacts the tension in your muscles and your breathing. Shift your weight back and forth a few times. Try to achieve a feeling of buoyancy.
4. If you want, **try adopting a slouched position**, to see the difference it makes in how deeply you can breathe.

SEE INFOGRAPHIC BELOW FOR PROPER SINGER'S STANCE

Infographic courtesy of TakeLessons.com.

BREATHING EXERCISES

The Singer's Stance

THE A-O JOINT: This is where your very top vertebra (the atlas) forms a joint with the bottom of your skull (the occiput). Balance your head on this joint so that you are neither looking up nor down. A properly balanced A-O joint reduces neck and jaw tension.

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 forward. If you balance your head on your A-O joint, your neck should move into this position.

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 TORSO: 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.

HIPS: Position your pelvis directly under your torso so it can provide maximum support. It should not be pushed forward or backward.

LEGS: Soften your knees so they are neither bent nor locked. Position your legs directly under your body, feeling their support.

FEET: Feet should be about shoulder-width apart. Balance your weight across your feet evenly so that you are not leaning forward or backward.

