



POSTURE

We live a very busy life. Often we spend all day crunched up, staring at our computer or phone screens during the day and then again in the evening. It is so important for us to find time and have a little walk, enjoy the touch of a breeze, some fresh air, and give our bodies a chance to stretch throughout the day. However, I know that it is not always possible, so we have to find some alternatives.

Posture is incredibly important to our voices. We need to allow our bodies to be free of any tension and relaxed for deep breathing to produce a full sound. Here's a little checklist to adjust your posture before you need to vocalise:

- Place your feet hip distance apart.
- Make sure you're grounded through both feet evenly.
- Relax your shoulders. Feel gravity pulling them down and slightly backwards.
- Move your neck to make sure it is completely free of any tension.
- Now close your eyes, feel the air filling your whole body. Your belly, your sides, and even your lower back.
- Imagine yourself in the most relaxing environment, grounded, confident and at ease.
- Let the sound come to your body.

