



## Introduction to Posture

- 1) Stand – preferably bare foot – and notice the sensation of your weight through your feet in contact with the floor
- 2) Allow your arms to flow softly down at your sides from your shoulders
- 3) Soften your knees, and notice how that requires soft ankles, and soft pelvic joint
- 4) Float your tailbone gently forward a tiny amount, about a centimetre, and allow your pelvic structure to tilt gently upwards in a forward direction. Some people call this “tilting the pelvis”, other call it “tucking the bum under”. It is a Very Slight Movement!
- 5) Imagine, or visualise your spinal column flowing upwards from your tailbone in its natural curves in at the small of your back, out around the rib cage, in at the neck area and then up into your skull
- 6) Observe your rib cage springing out and around to the front of your chest, your shoulder blades hanging loosely down your back, your head floating freely above your neck. Look straight ahead
- 7) Imagine, or visualise one hair in the centre of the top of your head being gently tugged up towards the sky, and allow your body to rise up in response. This is a tiny, subtle yet profound movement, you feel as if you have grown a centimetre or so
- 8) Notice, or give attention to how your body feels in this position. There is no ‘right’ or ‘wrong’ response, just awareness
- 9) Now, Roll Down the spine by leaving your arms loose, legs straight but not locked, as you
  - 1) release your head first, allowing it to float gently down till your chin nearly touches your chest
  - 2) allow your shoulders to follow the head, and gently float down until you are hanging upside down, your spine completely curved with the weight of your head and upper body falling towards the floor
  - 3) return slowly to upright by initiating the movement in your tummy. You do this by pulling your belly button in towards the small of your back, and noticing that your spine begins to unroll itself from the bottom
  - 4) make sure your head is the last thing to return to upright.
- 10) If you have arrived back in the upright position with hair across your face, resist the temptation to shake your head. Instead, brush it gently back with your hands, and return your hands to their relaxed position at your sides.
- 11) Observe how your body feels now, and how you feel about it. Again, there is no ‘right’ or ‘wrong’. The important part of the exercises is your awareness of what you actually notice, and what is actually there.
- 12) Move around the room, and observe how easily, or with what degree of difficulty, you maintain any sensation of lightness, freedom of movement

– or not! - as you go. Stop and do the [Roll Down](#) whenever you want to find it again.

If you do this a couple of times a day for a few weeks, you will gradually accustom yourself WITH AWARENESS to the physical sensation, from inside your body, of standing well. You can then take this feeling with you as you walk, sit, run, lie down, jump around, dance – in other words, live your life. It will become easier to engage your body in this powerful, well-supported, actively mobile position to begin your vocal work, and to carry it with you into your professional life.