

# 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.