

Playing Posture

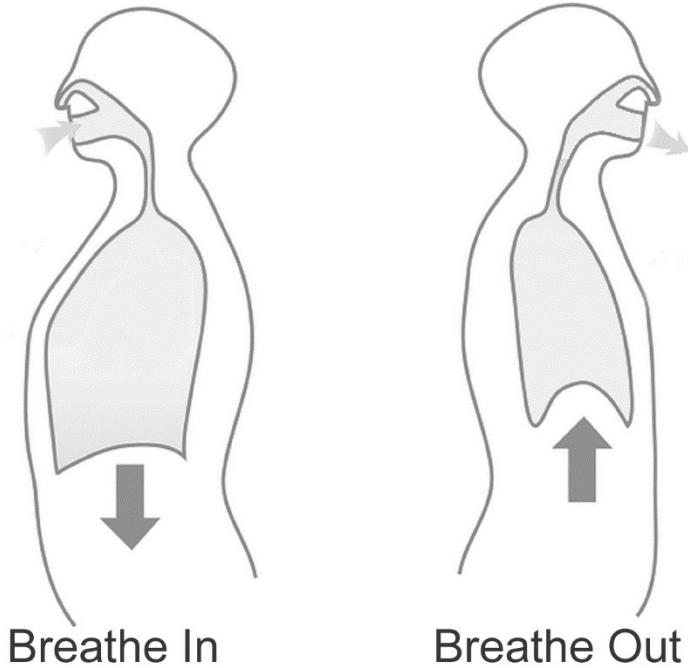
Sit on the edge of your chair, with feet flat on the ground.

Keep your spine straight and tall, away from the back of the chair.

Keep your shoulders back and relaxed.

Breathing

Watch a baby breathe. Notice how their little tummies go up and down with every breath. This is how bodies are designed to breathe, and this is how we need to breathe when playing an instrument.



When you inhale, your lungs expand down, and when you exhale, your lungs contract up. Your tummy may pooh out a nit when you breathe in, and that is OK.