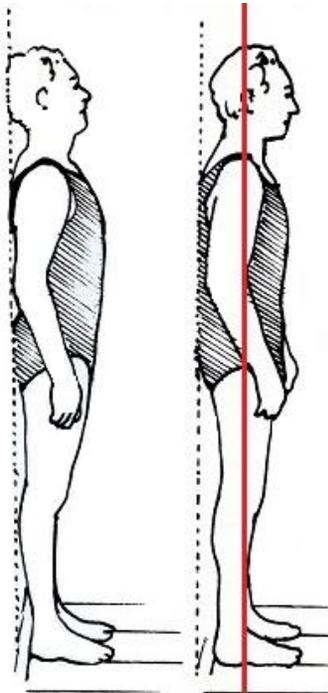


Stand Tall!

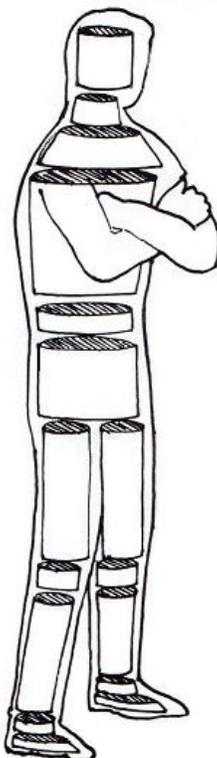
Tips for a Stellar Singing Stance

Adapted from "Body Wisdom," by Arthur Lessac



Incorrect

Correct



THE "STACKED" STANCE

Spine is not "accordianized," but in its natural curve.

Perceive the body in its natural "curvo-linear" form, not straight or angular lines.

Curves are strong and resilient, straight lines are comparatively weak and brittle.

Head – The crown is the tallest part of the body and feels as if it is attached to helium balloons.

Neck – Elongated, a continuation of shoulder and back muscles.

Shoulders – Enjoy maximum muscle looseness and extension, resulting in arms appearing to rest **slightly** in front of the thighs.

Upper Back – Feels broad, with a radial flow of energy moving out from its center.

Middle and Lower Back – Expanded by the curvo-linear sensation of the spine, with the energy feel of curving into the pelvis, under the pelvis, and up into the groin, abdomen and stomach area.

Chest – Neither collapsed nor blown out, a natural extension of the curvo-linear spine.

Thighs – Loose, relaxed, **slightly** forward.

Knees – Loose, soft, and flexible.

Feet – Share and balance the body's weight, lining up under the hip bones; weight is neither forward or back, but centered.

BODY BUILDING BLOCKS

Each block, starting with the feet, "rests down" lightly on its bottom surface while simultaneously "resting up" to its top surface, gently reaching for and receiving the next block.

Once received, both surfaces rest up and down simultaneously, creating an upward flow of energy.

Each block is fully centered as it rests with the others, with no overhanging edges.

Support is provided by "live weight," not "dead weight," by feelings of anti-gravitational urges of buoyancy, as opposed to heaviness and compression.

The energy created through this exercise not only feeds the body, but also feeds the brain and psyche – two vitally important parts of our musical instrument!