

# NEWS LETTER

## POSTURE & SINGING



### BUT WHY?

Improving posture is essential in singing because it allows the voice to function efficiently. Poor posture can restrict breathing, create tension, and lead to strain or lack of control. With proper alignment, the body can support natural breath flow and vocal production, resulting in a more stable, controlled, and healthy sound.

## POSTURE WARMUPS

### WALL ALIGNMENT

How to do it:

- Stand with your back against a wall
- Heels, hips, upper back, and head gently touching
- Let your arms hang naturally
- Breathe normally and hold for 30–60 seconds

### SHOULDER ROLLS & RELEASE

How to do it:

- Lift shoulders up → roll them back → drop them down
- Repeat slowly 8–10 times
- Let the arms stay relaxed

### SIDE STRETCH (RIB EXPANSION)

How to do it:

- Raise one arm overhead
- Gently lean to the opposite side
- Hold for 10–15 seconds each side