
POSTURE AT THE PIANO

Correct Posture at the Instrument

Trying to sit upright without engaging your core muscles often leads to low back pain and fatigue. Instead, allow your back to remain relaxed and slightly slouched, yet still and stable—like the quiet strength of a tree trunk.

To avoid a slouched look, without using unhealthy tension in your back, let the crown of your head gently lift upward, as if being pulled up by a thread. Following this upward direction allows the chin to settle slightly downward—like when reading a book—which helps free the neck and throat from tension.

A slightly slouched, natural posture will bring the elbows too close to the torso, and tension in the legs may contribute to discomfort in the lower back. To prevent this, keep your shoulders, upper arms, and thighs loose and relaxed.

How Stability Supports Freedom

A still and grounded posture supports both physical ease and expressive depth.

When your body is calm and centered, your intonation, tone quality, and energy become more focused and direct. This allows you to play with greater control and less effort.

From a technical perspective, stillness provides consistency. Keeping a steady angle between your torso and arms helps ensure accuracy in leaps and transitions, making your movements more reliable and efficient over time.

Integrating Posture into Playing

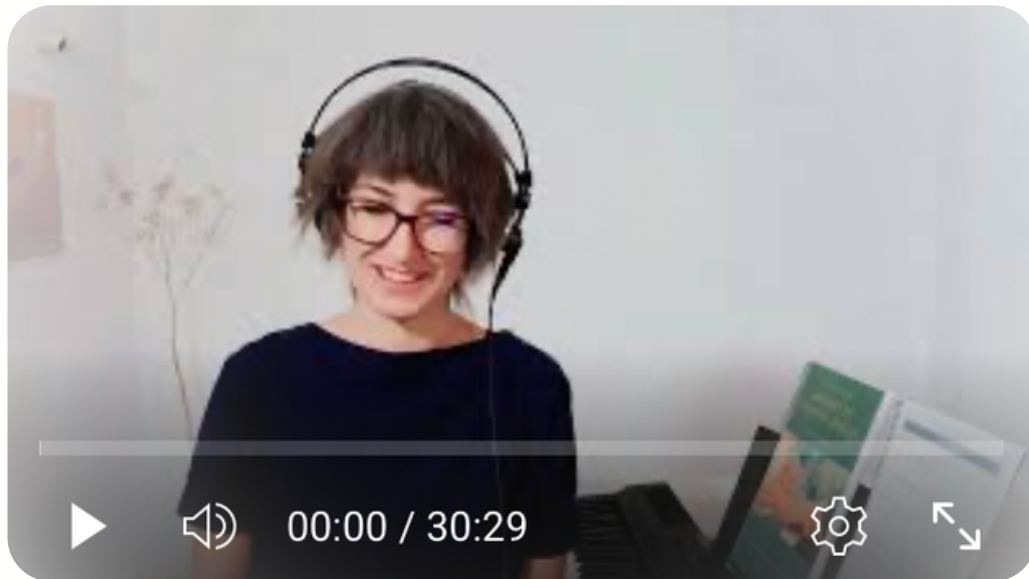
When working on posture, be sure to connect it to the sensations of intonation and arm weight—so that your posture supports, rather than interrupts, your musical and technical flow.

While intonating intervals using glissando, resistance, and arm weight:

- Sit in a way that is relaxed, slightly slouched, yet steady—allowing your body to feel grounded and supported.
- To naturally lengthen your spine without strain, allow the crown of your head to gently lead your body upward. This upward direction will naturally keep your chin slightly down.
- Keep the shoulders, upper arms, and thighs relaxed and open. A slouched posture tends to draw the upper arms too close to the torso.
- You can gently shake or loosen them before playing to deepen the feeling of softness and release.

By connecting posture to inner singing—rather than approaching it as an isolated task—you cultivate a stable, responsive body that supports both freedom and precision in your playing.

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