



HOMEWORK FOR ALIGNMENT AND THE VOICE MODULE:

1. Throughout the week observe your body:
 - ❑ How do you sit? Rolled back on your tailbone? Spine slumped? Weight more on one side of the pelvis?
 - ❑ How do you stand? Pelvis pressed forward? Weight more in one foot? Feet turned out? Ribcage pushed forward creating a swayback position?
 - ❑ How do you move? Do you move throughout the day? How many hours are you sitting? Do you repeat the same general motions all day every day? How can you begin to vary your movement?
2. Put yourself into alignment using the bony marker model. Remember, this is a tool not a rule, so don't spend every day trying to be aligned.
3. Ask the questions: What are my postural habits? Where are my postural limitations?
4. Take a walk! Get out in nature and move – it will do your body, mind and spirit good!
5. Begin to observe the singers you work with – do not try to modify their alignment yet, just watch their bodies for now.