



The Power of Alignment in Singing

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Hierarchy of skills to teach for sequenced voice building – Dr Chris Peterson

① Alignment

- ② Inhalation and exhalation
- ③ Vocal onset (and freedom of production)
- ④ Breath support and management
- ⑤ Creating space
- ⑥ Resonance
- ⑦ Tuning and unifying vowels
- ⑧ Energising tone

Alignment is where good singing starts

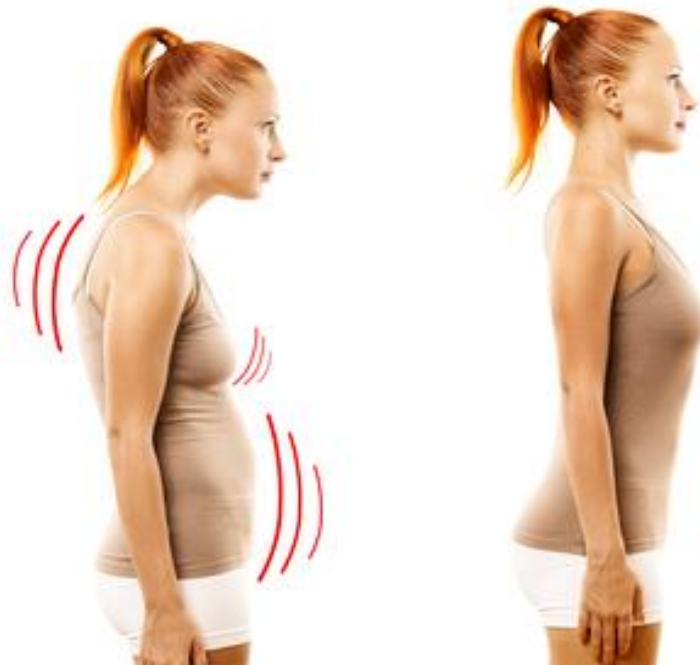
- + Singing is a whole body exercise - good posture provides a scaffolding for the body which will support it without subjecting the vocal mechanism to any tension.
- + Good alignment has an immediate effect on the sound we produce – a comfortable stance enables you to support the vocal instrument in the right position to allow maximum resonance.
- + The body needs to be in vertical alignment – in TONUS (toned, but not tense!)

The importance of alignment

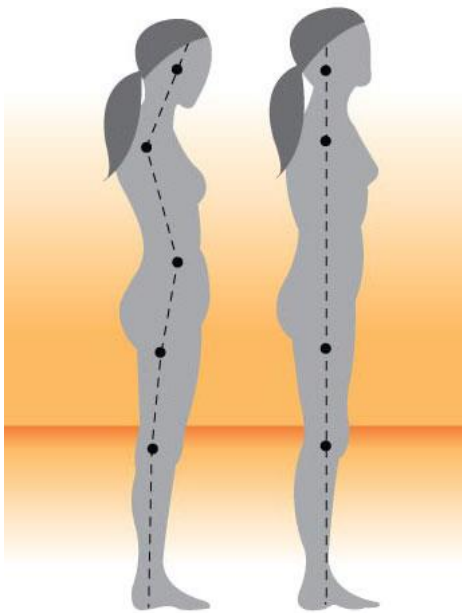


Good alignment can be further away than you think

Posture for Singing



Checking others for good alignment



Watch to see if your singers exhibit any awkward postures.

Look to see if the body is in vertical alignment and if the body is in TONUS (toned, but not tense body)

Look for tension in the neck, face, shoulders and lower body)

Aim for: Constant, subtle, and sustained muscle engagement

Even the very best work on alignment



Alignment checklist

- + Weight balanced over arches of the foot
- + Feet, body-width apart, one slightly in advance and turned out
- + Aligned points of alignment
 - + Middle of the ankle
 - + Middle of the knee
 - + Highest part of the hip bone
 - + Highest part of the shoulders
 - + Holes of the ears
- + Ensure the abdominal muscles are relaxed
- + Ensure the neck is free from tension

Head/neck alignment

- + CRITICAL to alignment of the vocal tract and efficient vocal production
- + Follow these guidelines:
 - + Long back of neck, short front of neck
 - + Holes of the ears over the highest part of the shoulders
 - + Level gaze at the horizon
 - + A gentle elongation of the back of the neck
 - + A very soft, flexible neck
 - + Only use enough muscle energy to keep the head up

Acknowledgements

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