

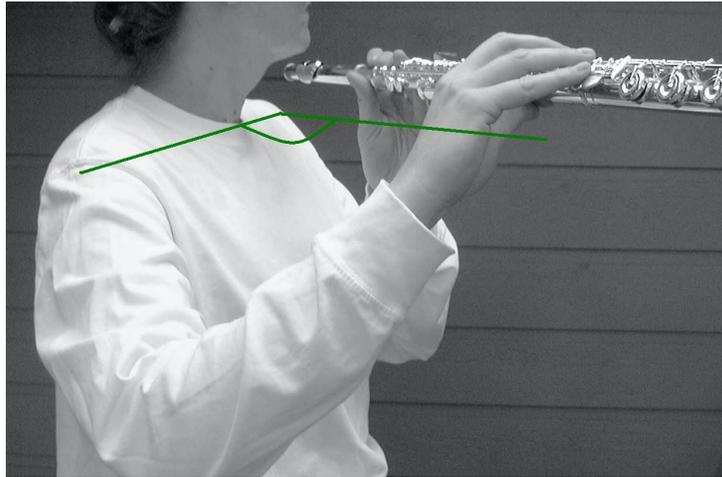
## Best Flute Posture:

Adapted from Jennifer Cluff's "Flute Posture & Flute Holdings" (so I can show pictures).

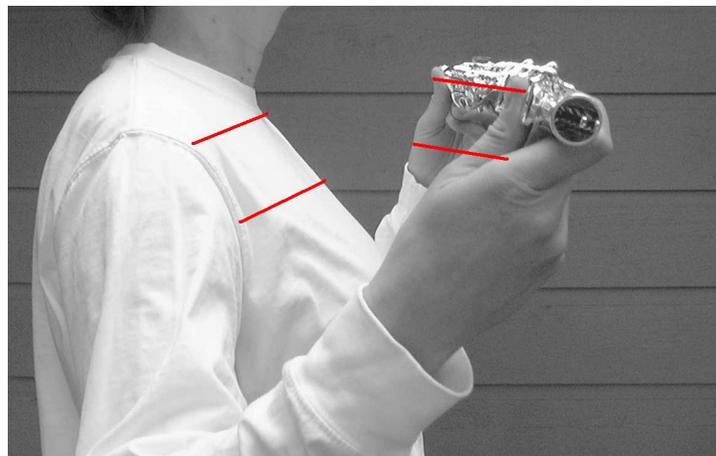
**For best body position when playing the flute**, stand with your feet slightly apart so that your weight is balanced equally between both feet. Your lower torso (knees & hips) should be at a 45 degree angle to the music stand. This turns your lower body slightly to the right. If you envision a clockface, your left foot is just slightly to the right of 12:00, your right foot is about 2:00 & your hips are positioned at about 1:00. Now, turn your head to the left so it is facing the music stand. Your shoulders & upper torso should turn with you. Nod your head "yes" & "no" to make sure your neck is relaxed and your head is lifting from the top of your spine. Roll your shoulders back to release any tension, and now, raise your flute up to you. Do NOT bend down to reach the flute.

A couple of other pointers through visuals:

1) Because you are standing at a diagonal, your right arm should push the foot joint end of your flute slightly forward...I call these Princess Arms (like when ballroom dancing).



CORRECT (above): Flute is at an open angle to the chest and shoulders.



WRONG (above): Flute should not be parallel to chest

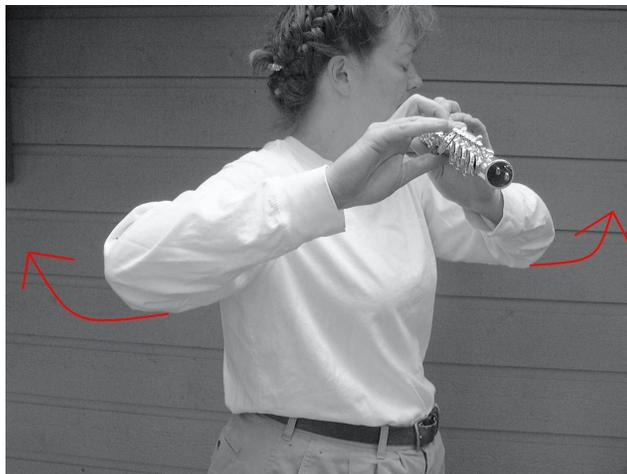


CORRECT: Right arm pushes flute forward to create an open angle between the flute & the shoulders. The left shoulder drops down & remains stress free.

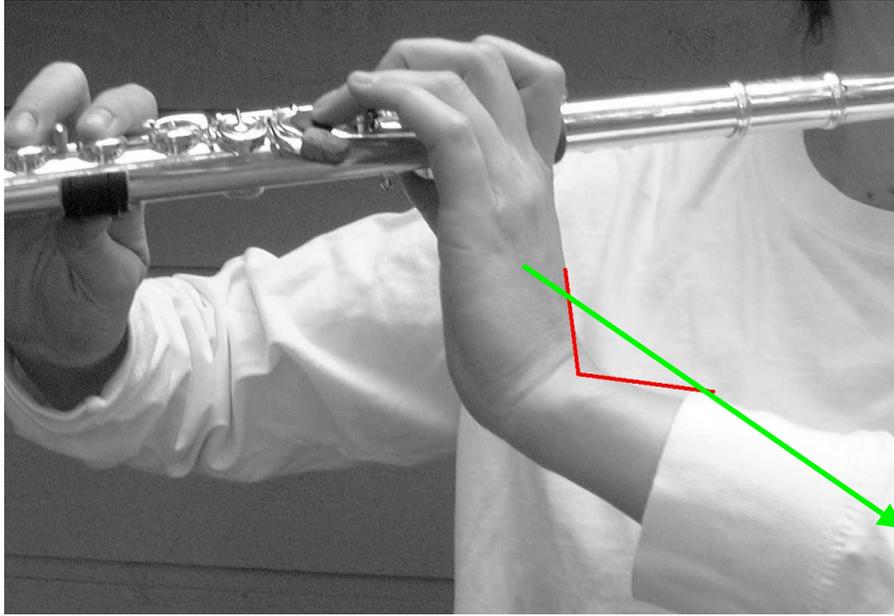


Wrong: Left shoulder is pulled across the chest trying to get the flute parallel to the chest. This pushes the right arm backward, behind the right shoulder.

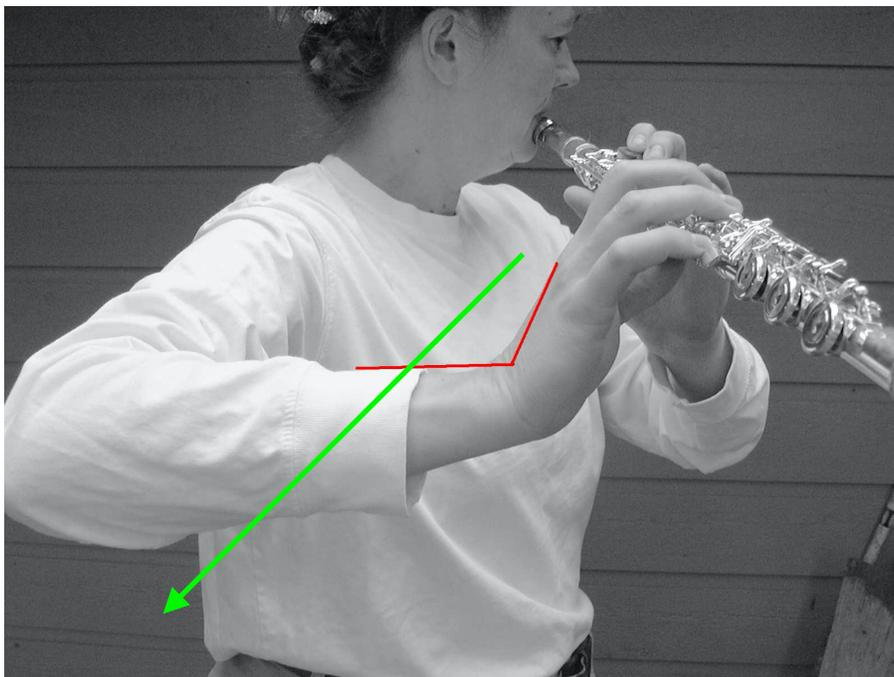
2) Other pitfalls to avoid:



Wrong: Elbows too high, causing right elbow to pull backward.



WRONG: Left wrist is cocked too far back. See green arrows instead.



WRONG: Right wrist is cocked too far back, pulling right elbow backward. Elbow should be at more of a 45 degree angle instead—see green arrows.