

Let's take a look at body mapping so we can see what the ribs, diaphragm and lungs are doing when we are singing - Christine Douglas, Artistic Director

## Body Mapping

All our movements for everyday life - and for singing - are organised around our **spines**. Good postural alignment is essential for singing because of the closeness of the singing structures to the spine. So understanding your body map will improve your ability to breathe and sing freely.

**Q:** How close are our spines to our singing structure - our lungs, diaphragm and larynx?

**A:** Your lungs wrap partially around our spine. We have lung tissue in the back and front of our chests.

**Q:** What supports the lungs?

**A:** Your lungs sit on the diaphragm. The diaphragm is the floor of the chest and the ceiling of the abdomen.

**Q:** What sits below the diaphragm?

**A:** below it the abdomen includes organs such as the liver, stomach and bowel.

**Q:** Where does our larynx sit?

**A:** The larynx - your 'voice box' - is close to the spine at the level of the C3 - C7 vertebrae and is held in position by muscles and ligaments.

