

Abstract:

There are many influences that affect our posture, and many ways it can affect us. The issue of posture pathology has varied etiologies and a wide range of treatment options. In this work, the focus is on a narrower group of people who use one of the most important influences on posture, breathing. Let's concentrate on the singer. This specific group of people feels the impact of singing breathing techniques on the body daily, and at the same time conversely, without the proper body posture, one cannot breathe well and therefore cannot sing. When singing, singers utilize a firm stance for stability, proper expansion of the rib cage, and strong abdominal muscle support, which together with the diaphragm work to create that tone which makes a singer a singer. In other words, good singing breathing technique. This is a concept that both singers and voice teachers agree on. Next, let's look at the issue of posture from the perspective of other groups of artists, namely pianists. Here we see a completely different physical involvement of the body and its influence on posture, which is also dependent on and influenced by breathing. So let's look at a body diagram of singers and pianists, and how posture changes while using a deep breathing singing technique. We will also see how correcting standing posture, and sitting posture at a piano, as well as deep breathing can affect freedom of movement of upper extremities in the pianist.

Key words: Breath, playing to piano, singing and muscles, breathing techniques for singers, breathing physiotherapy, posture