

# POSTURE AND SEAT HEIGHT

## Seat Height

- If possible, sit on a stool that allows you to adjust the height.
- Ensure that your forearms are level with the keyboard and that the tip of your elbow aligns with the white keys.
- Sit on the front part of the bench and ensure both feet are flat on the floor. Relax your shoulders.
- Feel the weight of your body being delivered through the sit bones into the stool. Use your legs for support.

## Distance from the piano

- Stretch out your arms and aim to touch the fall board with your knuckles.
- Keep your elbows in front of your body to allow for easier movement.



## Hand position

- Keep your back straight and let your arms gently drop down to your sides.
- Observe the natural curve of your fingers.
- Play on the side tip of the thumb and observe the bridge formed by the hands. Strive to maintain this position as consistently as possible.

