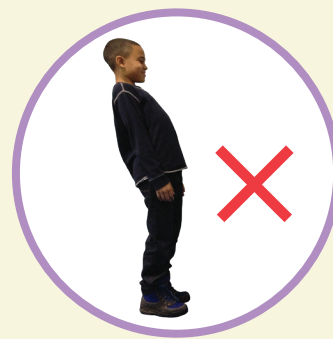


## Preparing to Sing

In order to sing well, we first have to establish good posture and deep breathing.

### Posture



Sit or stand up straight with your shoulders down and relaxed.  
Make sure that your head is level and looking forward.

### Breath



Take a deep breath and fill your lungs. Place your hand on your belly when you breathe in and allow it to expand like a balloon.



Release your breath smoothly and slowly.