

# TOP 10

# Tips for good piano posture

Sound, look, and feel your best by following these 10 expert tips for good piano posture.

**1** Keep your fingers curved and relaxed

**2** Keep thumbs straight but relaxed

**3** Align head, shoulders, and hips for balance

**4** Rest your feet on the floor or a footstool

**5** Keep fingers curved out, don't buckle in

**6** Use the weight of your arm to press the keys

**7** Keep your wrist flexible

Prepare

Play

Release

**8** Align pinky finger, wrist, and elbow

**9** When reaching for notes, lean side to side rather than scooting on the bench

**10** Play pinky finger near the tip

**The Bee's Keys**  
Creative, fun, Motivating Piano Tuition