

Play Freely. Breathe Fully.

Your lower body is like a colander.

Don't corset your lower body. Don't hold yourself.

Let your head balance
freely on your neck.

Lengthen up. No strain.

Shoulders wide
and free.

Let your arms
move from your
back, not from
tension.

Breathe in 360°.

Ribs expand
in all directions.

Abdomen can
expand and
recoil naturally.

Allow the breath
to move.
Don't brace.

YOUR LOWER BODY IS LIKE A COLANDER.

Open. Permeable.
Allowing breath,
movement, and
weight to flow.



The more open you are,
the better your breath
support will be.

DON'T CORSET. DON'T HOLD.

- ✗ No gripping thighs or buttocks
- ✗ No clenching the pelvic floor
- ✗ No sucking in the belly
- ✗ No locking the knees
- ✗ No gripping the floor

**Tension restricts
breath and
creates fatigue.**

WHAT FREEDOM FEELS LIKE



Hips are
unlocked.
They can subtly
sway and adjust.



Knees are
free, not
locked.



Abdomen, ribs,
and back move
together with
your breath.



Pelvic floor
is relaxed
and responsive,
not clenched.



Feet are
grounded,
not gripping
the floor.

REMEMBER
Stability comes
from balance,
not from
stiffness.

When your lower body is open and free, your breath flows.
Your sound becomes fuller. Your playing becomes easier. You enjoy more.