

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

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no prior experience required.