



Singing and posture, postural and osteopathic principles for singers

Mauro Banfi

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A book dedicated to students and professional singers interested in a functional perspective of the daily practice of singing.

It rediscovers the often forgotten micro mobilities of the body, which are very useful for artists, by not considering posture as a static concept.

It is not a manual of vocal technique but it is a text aimed at improving the “body posture for a good voice “. It’s dedicated to teachers and students who want to explore these topics with particular attention to the most frequent problems occurring to singers.

It also proposes exercises and practical prevention in support of the artistic training.

Mauro Banfi, Osteopath and Physioterapist is specialised on the treatment of performing artists. His approach represents the updated result of practical experimentation, workshops, masterclasses for choirs , vocal groups , music schools and conservatories in over twenty years of experience.

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