

HOLDING THE HARP

It is important to sit properly when playing the harp. Sit in an armless chair or harp bench, with your feet flat on the floor. Don't lean against the back of the chair. Sit behind the soundbox with the harp between your knees and angled a bit towards your right shoulder. Lean the top of the harp towards you until the soundbox rests lightly against your right shoulder. The front of the base of the harp will lift up from the floor. Don't place the harp too close to your neck. You should have enough room to comfortably turn your head to look at the upper strings. When the harp is tilted back properly, the strings should be approximately vertical, and the harp should be lightly balanced against your



shoulder. You should neither sit too close nor too far away from the harp. Experiment with different stool heights and how close you are sitting to the harp until you find a comfortable position.

If your harp is not tall enough to reach your shoulder, sit on a lower bench, or raise the harp by placing it on a small stool or table, as shown on the left.



SMALL HARPS

To play a lap harp, put it on your lap and lean it back so that the top of the soundbox rests lightly against your right shoulder, as shown in the photo on the right. Experiment with the angle of the harp by moving the base closer to your knees, or closer to your body, until you find a position that feels comfortable and secure.



Many people find it easier to play a lap harp by setting it on a chair or stool in front of them, instead of balancing it on their lap.



Some small harps are designed to be worn with a shoulder strap (like a guitar strap) supporting the harp, and the harp hanging between the harpist's knees, as shown on the left. A lap bar can help support this type of harp, making it more stable.

MUSIC STAND

Place your music stand to the left of your harp, as close to the harp as possible, so you don't need to turn your head too much to view both the strings and the music.