
Subject: Practicing while lying down

Posted by [Strum Drum](#) on Sun, 23 Jan 2022 20:47:32 GMT

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Despite being a musician for years, I've never seen anyone play their instrument while lying on their back, until today. Apparently, violinists sometimes practice on their backs in order to alleviate the strain on their necks and shoulders. This is the only photo I could find on the web. It's pretty neat.

File Attachments

1) [Violinist.png](#), downloaded 185 times

Subject: Re: Practicing while lying down

Posted by [Madison](#) on Tue, 08 Feb 2022 00:33:02 GMT

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What, you mean you've never flopped on your back to play your guitar? To tell you the truth, I can't say that I've ever heard of it either, but maybe that's because I don't play an instrument that's amenable to that.

Subject: Re: Practicing while lying down

Posted by [Leot55](#) on Thu, 24 Mar 2022 11:34:27 GMT

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Although I'm not an instrumentalist, I enjoy learning little facts like that, so thanks for sharing. You never know when it might come in handy.

Subject: Re: Practicing while lying down

Posted by [Spotifier](#) on Sat, 02 Apr 2022 04:24:40 GMT

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Playing instruments while lying on your back is something that hasn't crossed my mind. I'm not that surprised, though, since violins aren't that heavy. It could also be beneficial when you need to relax.
