

Posture - Aim to be comfortable and be a vision of elegance.

Many Singaporeans slouch. If you don't believe it, stand at the junction of Orchard Link and observe their posture as pedestrians weave by.

Even with the bridal corsetry, girls can look unnatural and awkward.

Good posture is the foundation of good comportment. You'll find you make far more of an entrance by looking composed and poised.

Try this exercise below whenever possible

- ❖ Stand straight against a wall, your head, arms and bottom should touch the wall
- ❖ Now relax, and let your arms fall down,
- ❖ Pull in your stomach and tense your bottom,
- ❖ Draw back your arms,
- ❖ Take five deep breaths and now walk away from the wall, your posture will be perfect and you'll instantly look like you've lost 5kg! It's the fastest and easiest diet in the world!

Rehearse Your Walk

Once you feel you've made good progress with your posture, practice the walk up the aisle.

If you plan on being escorted, try to rehearse your walk with your escort.

The traditional "step-pause, step-pause" bridal walk may seem awkward at first, but there are good reasons for persevering. By pausing after each step, you will achieve a certain buildup of drama as you make your way up the aisle, your slow progress will give all your guests a chance to see you, and you'll find it easier to walk in rhythm to the music.

Carry your bouquet at or below your waist. Hold the bouquet with your palms facing up toward the ceiling, relax through your shoulders and you'll square up nicely.

Try to tuck your chin in slightly. Imagine there's a string attached to the center of your head, suspending it directly above your neck. If you contract slightly through your abdomen, your torso will lift with grace.

Sit Down Gracefully

When signing your marriage documents, sit at the front of the chair and you'll look tall and straight. If you sit back in the chair, you'll probably slump and collapse your torso, which looks bad and is hard on the back.



There are two huge payoffs for following all this advice: you'll look great in your wedding pictures, and you won't feel as physically tired and sore as you would if you went through your long, exciting day slouching, slumping and locking your knees.