

## 2. GETTING TO KNOW THE INSTRUMENT

### *Sitting positions*

There are various physical positions in which you can play the handpan. Many players prefer to sit on the floor with their legs crossed and the handpan on their thighs. Others favour sitting on a chair to play it but for some the instrument is a little too big and there is the risk of it tipping forward. A special handpan stand can help in such cases but a snare drum or conga stand can also be a useful alternative. There are also high stands available for playing standing up.

If you mount your handpan on a stand, you should nevertheless still keep it very close to your body and not stand too far away.

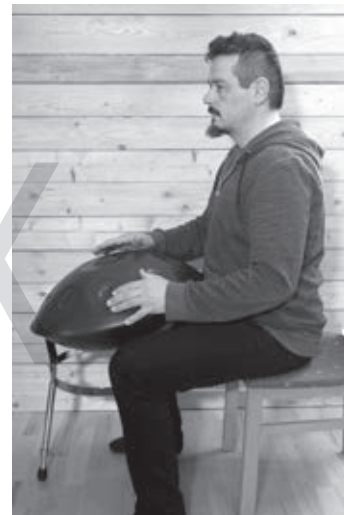
No matter which position you choose, it is vital that the handpan tilts forward slightly.



Playing position:  
sitting on the floor



Playing position:  
sitting on a chair with the  
instrument on your thighs



Playing position:  
sitting on a chair with the  
instrument on a handpan  
stand