

able at first, since you weren't born with a piece of wood dangling around your neck, but it will come in no time.

Traditionally, you play the dulcimer while sitting on a low chair, stool or log. The instrument lies across your lap, fretboard side up, with the tuning pegs to your left. Some people find it easier to angle the instrument slightly away from them on the left.

We find the most comfortable sitting position is the yogic style. Sit on the floor with your feet tucked back out of the way and the instrument angling down and off your lap, again with the headstock to your left. This method is a sit-down version of the guitar style—instead of wearing the strap around your shoulders, wrap it around your leg to anchor the instrument. This style is an excellent starting position because it helps you to center yourself over the instrument. Sometimes sitting on a soft pillow or

