

Playing Effortlessly

Think it's Impossible?
It's Not

Would you like to play with EASE and COMFORT? You can discover how you can have your body support support you, your instrument and your playing.

Often when playing and practicing, you are more focused on the musical results that you produce than your own comfort. Playing with poor , unsupportive posture that habitually creates excess tension can result in decreased musical tone, impairs technical facility, and does not lead to the results that you want,

This workshop will show participants how to learning how to use your body for better posture. You will see and experience how your skeleton supports you. You will see and experience how this leads to a feeling of ease, comfort and fluidity. This, in turn, will have you play with ease and comfort. Playing Effortlessly.

We will do Awareness Through Movement exercises from the Feldenkrais Method. Gentle movement lessons that will allow you discover how your body is your instrument, and when you feel comfortable , with supportive posture, your body can enhance your performance.

Fred Onufryk MS, PT is a Physical Therapist and Certified Practitioner of the Feldenkrais Method ® . He has worked with musicians for over 18 years, helping them to find ways to play with ease and comfort. He has an extensive background in the Alexander Technique, martial arts, yoga and using mental imagery. His experience in orthopedic and neurological rehabilitation adds depth to his work. He has presented workshops for musicians nationally at the Feldenkrais Annual Conference, the NY State College Music Program Conference, and the Sibelius Institute in Finland.

Presentation
Monday October 13, 7 - 9 PM
Ciminell Lounge SLC