

What Musicians are Saying about Fred Onufryk

I have worked with Fred both personally and with my students. He has helped to make clear the connection of balance and posture supporting your playing. It's been extraordinarily helpful to work with him in a paired teaching situation (both of us coaching in our fields). He has helped them to make the connection between how supported physical gestures and being aware of the sensations can result in fuller sound.

This has been especially helpful for those students who have been struggling playing with pain and injuries, and those in danger of repetitive injuries.

I look forward to further collaborations!

Steven Doane
Cellist, Professor, Eastman School of Music

Your knowledge of Feldenkrais Method and your professional delivery for my drum students was first rate. I was amazed at their level of intrigue and participation. The students became sensitive to the way in which they sit at the drums, and the difference in sound produced by their posture. I feel that your teaching will allow all of us to perform longer without the risk of repetitive injury.

Rich Thompson
Drums, Associate Professor, Eastman School of Music

Working with Fred, I feel as if I've just played a set, and now I'm ready to roll.

Wycliffe Gordon
Trombone, Lincoln Center Jazz Orchestra, Wynton Marsalis Septette

Fred Onufryk has been a guest presenter in Keys to Healthy Music class, as well as workshops for students and faculty at the Eastman School. He has blended his Physical Therapy expertise with his Feldenkrais training helping young artists enhance their performance, and play with less effort and more enjoyment.

Susanne Callan-Harris
Performing Arts Physical Therapist, Eastman School of Music

After working with Fred, I can play a complete gig and I can get done and not be in pain, which is a huge deal in enjoying what I'm doing.

Sean Jefferson
Drummer, Jazz Mad Lab, Paradigm Shift

Fred did a session with me centering on muscles I use playing the flute. The result was really amazing, especially with sound production. He has given wonderful classes for the flute studio at the Eastman School of Music. I highly recommend Fred's work, and feel that many performance problems and injuries could be avoided if we receive the instruction that Fred is able to give.

Bonnie Boyd
Flute, Professor, Eastman School of Music

Fred has helped me with my posture while playing the guitar. I've had quite a bit of back pain, and he's helped me to be more comfortable while playing. I've told other musicians about him, and he's helped them too.

Mel Henderson
Guitar, Paradigm Shift

Fred's Feldenkrais work has been essential in enabling me to secure a stable and balanced posture when moving around the cello, and aiding in my fluidity. I have been given sufficient insight into how to become my own best teacher, and I feel able to investigate issues in supporting myself.

Matt Huber
Cello, Masters Degree Student, Eastman School of Music

I'm a lot more comfortable playing, and my posture is better. My sound is more resonant and open.

Sarah Helmers
Cello, Penfield Community Orchestra