**Laura Dwyer** is currently Flute/Piccolo with the Santa Fe Symphony, Winter Opera St. Louis, IRIS Orchestra and the Colorado Music Festival Orchestra. She is also a frequent performer with the St. Louis Symphony Orchestra, Opera Theatre of St. Louis and the Palm Beach Opera. She previously served as the Principal Flute of the Sarasota Opera for many years prior to leaving the position to teach Flute at Jacksonville University and the University of North Florida. She now teaches at Maryville University, Jefferson College and McKendree University. Laura has been a featured soloist on Washington University’s Great Artist Series, St. Louis Symphony’s Community Programs Series, the Colorado Music Festival, the Sarasota Opera and the Santa Fe Symphony.

A certified Yoga and Meditation teacher, Laura is nationally recognized for her work with performance anxiety and breathwork. She teaches classes for musicians geared toward creating increased technical and expressive freedom through body and breath awareness. Her classes also focus on healing overuse injury through awareness and utilizing tools to manage the stress of performance. Laura taught Yoga for the Performing Artist at both the University of North Florida and Jacksonville University to both Jazz and Classical musicians, as well as dancers. Laura has taught Yoga and Meditation for Stress Relief across many diverse groups including Music Therapy Majors at Maryville University. She has taught yoga for Amy Porter’s Anatomy of Sound, Keith Underwood’s Ghost Ranch Flute Classes, Trevor Wye’s Summer Master classes at the University of New Mexico, and the National Flute Association Conventions. She appears on Amy Porter’s DVD The Anatomy of Sound and has taught masterclasses at Julliard, the Curtis Institute of Music and many other institutions around the country. Laura’s classes are inspired by the body awareness work of her mentor, Jerry Schwiebert and the artistry of Amy Porter.

Laura has studied yoga with Rodney Yee, Jason Crandall and Tiffany Crukshank. She holds anatomy certifications from Yoga Journal and Tiffany Crukshank and is currently working with Tom Meyers and Bonnie Bainbridge Cohen. She has studied body work and imagery with Eric Franklin and meditation with Emily Fletcher, Tracey Stanlee and Jon Kabat-Zinn. Endlessly fascinated with the body and music, Laura has studied Tai Chi, Pilates, Feldenkrais and the Alexander Technique.

Laura holds certifications in yoga, meditation and mindfulness. She is currently in the midst of a 500 hour certification in Tai Chi.

*“Entrancing, therapeutic, radiating… I can think of a hundred more words to describe the wonderful state after your class!”*

**Danny Matsukawa, Principal Bassoon, Philadelphia Orchestra, Curtis Institute of Music**

*“Your sessions are exactly what I need. I’m so grateful for you. I’m in awe of the depth of your knowledge and acute intuition.”*

**Elaine Heltman, Principal Oboe, Santa Fe Symphony, former Principal Oboe, Filarmónica de Caracas, Venezuela.**

“Another huge thank you to Laura Dwyer (copied) for her amazing second class last night! I think I speak for all of us when I say that these wellness and movement practices are inspiring and transformative. Thank you, Laura, for sharing your expertise with us.”

**Eric Reed, Horn, The Julliard School*,* American Quintet**

﻿“Laura’s wise, supportive, enthusiastic approach to holistic health beautifully compliments her deep knowledge of both music and the body. Her suggestions and teaching have helped me play better, breathe and move with more ease, and perform with more confidence!”

**Jennifer Montone, Principal Horn, Philadelphia Orchestra, The Julliard School of Music, Curtis Institute of Music**