

PROFESSIONAL TEACHING EXPERIENCE: ALEXANDER TECHNIQUE

Private Teaching Practice Manhattan and Brooklyn, NY

2013-present

- Individual lessons for students of all ages
- Performance enhancement
- Stress reduction
- Recovery from injury
- Holistic wellness

Associate and Adjunct Faculty Single semester or multi-year curriculum

2013-present

- Group and/or individual lessons on foundational skills for performers
- Refining postural and breath support
- Cultivating presence and poise
- Reducing performance anxiety
- Increasing expressivity and stamina

The Juilliard School, Drama Division, New York, NY

2015-present

Alexander Coach: rehearsal support 3rd & 4th-year actors
Adjunct Teacher: 2nd & 3rd-year actors
Teaching Assistant to Carolyn Serota

The American Academy of Dramatic Arts, New York, NY

2016-present

Teacher: 1st year actors

Queens College, Aaron Copeland School of Music, Queens, NY

2015

Teaching Assistant to Dr Kristin Mozeiko

The University of Tennessee, Department of Theater, Knoxville, TN

2013-14

Teacher: MFA actors

The University of Tennessee, School of Music, Knoxville, TN

2014

Teacher: opera singers and instrumentalists

Guest Artist

Introductory Alexander Technique workshops for performers

2013-present

- **The Wooster Group, Summer Institute**, New York, NY
Teen and adult ensemble
- **Danbury Chamber Music Intensive**, Danbury, CT
Teen and adult ensemble
- **University of New Haven, Dept of Theater**, New Haven, CT
Undergraduate acting, scene study
- **University of Georgia, Department of Theater**, Athens, GA
Undergraduate acting, improvisation
- **Encore Theater Company**, Morristown, TN
Teen and adult ensemble
- **Department of Theater, University of Tennessee**, Knoxville, TN
Undergraduate ensemble

RELEVANT TEACHING EXPERIENCE

Teaching Artist: NYC Arts-in-education - Grades 3-12

2008-10

In-school and summer residencies

- Shakespeare Lab Jr at the Public Theater- New York, NY
- Urban Arts Project- New York, NY
- Wingspan Arts- New York, NY
- Lightbox Theatre- New York, NY

Teacher: Acting 220- undergraduate

2005-06

Single semester curriculum: sensory awareness, ensemble and improvisation

- University of Tennessee, Knoxville, TN

EDUCATION

Clarence Brown Theatre, University of Tennessee, Knoxville, TN

MFA Theater Performance

The Theatre School, DePaul University, Chicago, IL

BFA Acting (with honors)

CERTIFICATIONS AND MEMBERSHIPS

Certified teacher of the Alexander Technique 2013
ATNYC (1600-hour training)- John Nicholls & Nanette Walsh Co-Directors

Member of AmSAT- The American Society of the Alexander Technique

Member of AEA- Actors' Equity Association

PROFESSIONAL DEVELOPMENT

Alexander Technique

AmSAT Annual Conference & General Meeting 2012 & 2015
Master classes with: Bob Britton, Giora Pinkas, Beret Arcaya, Jane Kosminsky, Barbara Kent, Betsy Polatin, Laurel Podulke-Smith (Mayo Clinic), Lori Schiff, Rajal Cohen, Pamela Slavsky

Freedom to Act- New York, NY 2012-15
Annual conference for Acting and the Alexander Technique
Master classes with: Jean-Louis Rodrigue, Jessica Wolf, Carolyn Serota, Richard Feldman, Ann Rodiger, Bill Connington, Sarah Barker, Judith Muir, Tom Vasiliades, Meade Andrews, Belinda Mello

Acting and Performance

European Association for TheatreCulture, Moscow, Berlin & Tuscany 2005
Devised work- Vertical of the Role

The Magdalena Project, Brisbane, Australia 2003
Devised work- International women's activism and performance collective

Naropa University, Boulder, CO 2002
LeCoq Intensive- mime, mask, and movement

SITI Company, New York, NY 2002
Suzuki and Viewpoints