

## PROFESSIONAL TEACHING EXPERIENCE: ALEXANDER TECHNIQUE

### Private Teaching Practice

#### **Manhattan and Brooklyn, NY**

2013-present

- Individual lessons for students of all ages
- Performance enhancement and actor coaching
- Holistic wellness and stress reduction
- Recovery from and prevention of injuries

### 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 O'Neill Center/ National Theater Institute, Waterford, CT**

2019-present

Guest Artist: Theatermakers Summer Intensive, NTI Fall Semester

#### **The Juilliard School, Drama Division, New York, NY**

2015-present

Adjunct Faculty: 2nd & 3rd-year actors

Alexander Coach: rehearsal support 3rd & 4th-year actors

Teaching Assistant to Carolyn Serota

#### **The American Academy of Dramatic Arts, New York, NY**

2016-present

Interim Department Head: Movement (Fall 2019)

Associate Faculty: 1st-year actors

Alexander Coach: rehearsal support 2nd-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
- **Borough of Manhattan Community College (BMCC)**, New York, NY  
Undergraduate singers and string players
- **University of New Haven, Dept of Theater**, New Haven, CT  
Undergraduate acting, scene study
- **Danbury Chamber Music Intensive**, Danbury, CT  
Teen and adult ensemble
- **University of Georgia, Department of Theater**, Athens, GA  
Undergraduate acting, improvisation
- **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

### University of Tennessee, Clarence Brown Theatre - Knoxville, TN

MFA Theater Performance - Jed Diamond, head of acting

### DePaul University, The Theatre School- 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  
Committee for Alexander Technique in the Performing Arts (CATPA)  
Alexander Technique Diversity Coalition (ATDC)

**Member of AEA-** Actors' Equity Association

**Member of NAAT-** National Alliance of Acting Teachers

## PROFESSIONAL DEVELOPMENT: Alexander Technique

**AmSAT Annual Conference & General Meeting** 2012-present

Master Classes: 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-present

Presenter: "Learn by Heart, Speak from the Guts" (2018), "Ready Unset Go" (2019)

Master Classes: Jean-Louis Rodrigue, Jessica Wolf, Carolyn Serota, Richard Feldman, Ann Rodiger, Bill Connington, Sarah Barker, Tom Vasiliades, Meade Andrews, Belinda Mello

## ACTING AND PERFORMANCE

**Clarence Brown Theater, Knoxville TN** 2004-06

- Anna Karenina (Dolly) - Blake Robison, dir
- As You Like It (Celia) - Joseph Haj, dir.
- Metamorphoses (Alcyone) - Joseph Haj, dir
- Collected Stories (Lisa) with Carol Mayo Jenkins

**European Association for TheatreCulture, Moscow, Berlin & Tuscany**

Devised work- Vertical of the Role

**The Magdalena Project, Brisbane, Australia**

Devised work- International women's activism and performance collective

**Naropa University, Boulder, CO**

LeCoq intensive- mime and mask