

About myself

I completed the 3 year, 1600 training at the Alexander Technique Training Center in Newton MA in June 2006. I am certified by the American Society for the Alexander Technique (AmSAT), the largest professional organization for Alexander Technique teachers in the United States. AmSAT establishes and maintains high standards for teacher training, certification, and continuing education. Introduced to the Alexander Technique while attending a music camp, I immediately recognized that the value of learning the Technique which teaches its students to how to take care of themselves. I have a bachelor degree in Music and spend most of my free time participating in music jams, contact improvisation jams, folk dancing, and yoga and NIA classes. All of these pursuits have been informed and enhanced by my work with the Technique.

Teaching Experience:

Teaching privately since January 2006.

On staff teaching two weeklong workshops, Alexander Technique for Musicians and Alexander Technique for Dancers, at English Dance Week at Pinewoods August 12 - 19, 2006 and returning to teach during the Summer of 2007.