

CLARE MAXWELL
Teacher of the
Alexander Technique

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S U M M A R Y

Clare Maxwell is a movement educator based in NYC. She completed her training in the Alexander Technique at ACAT/NYC and certified with Jessica Wolf in The Art of Breathing after a 25 year career in professional dance. Clare now teaches master classes in the USA and abroad. She created a curriculum for actors during her five years on the faculty of the William Esper Acting Studio, and is the creator of a body mapping practice that follows the evolution and structure of our central nervous system. Clare was on the volunteer faculty at ACAT/NYC for 10 years, and is an active member of the American Society for the Alexander Technique. She is dedicated to helping creative people become leaders for positive change and have satisfying, sustainable careers doing what they love without injury and burnout.

E D U C A T I O N

- 2010** **The Art of Breathing with Jessica Wolf, New York, New York**
Nationally Certified Teacher
- 2000** **American Center for the Alexander Technique, New York, New York**
Nationally Certified Teacher
- 1986** **Sarah Lawrence College, Bronxville, New York**
B.A.
Dance and Dance Education, *Scholarship Student*

P R O F E S S I O N A L T E A C H I N G E X P E R I E N C E

- 2006 - 2016** **Faculty, Movement Research NYC, Somatic Practices and Physical Inquiry**
Teacher of the Alexander Technique for dancers
- 2016** **Creator, End Shoulder Tension Forever Curriculum**
A sustainable work practices curriculum for creative people working on computers and with technology
- 2015** **Co-presenter, The Alexander Technique and Gestalt Therapy, Center for Intelligent Leadership, Kimberton, PA (with Anne Waxman and Melody Schaper)**
Presenting the development of my body mapping practices based on the evolution and structure of the central nervous system, supporting healthy, coordinated movement and communication
- 2013 - 2016** **Presenter, American Society for the Alexander Technique, Annual General Conferences**
Presenting the development of my body mapping practices based on the evolution and structure of the central nervous system, supporting healthy, coordinated movement and communication
- 2015** **Master Teacher, Dance Galway & Fumbally Studios Dublin, IRELAND**
Presenting Alexander Technique for dancers using innovative teaching methods based on the Dart Procedures/Developmental Movement
- 2015** **Presenter, 10th Alexander Technique International Congress, IRELAND**
Presenting innovative teaching methods based on the Dart Procedures/Developmental Movement
- 2015** **Master Class, NYC Metro Registry for Interpreters of the Deaf, Annual Meeting Presentation**
Presenting basic anatomy and self-care practices for ASL Interpreters
- 2014, 2015** **Presenter, Freedom to Act and Dance Conferences at Balance Arts, NYC**
Presenting innovative teaching methods based on the Dart Procedures/Developmental Movement
- 2009 - 2014** **Faculty, William Esper Studio**
Teacher of the Alexander Technique for actors, developed full 32 week curriculum for 1st and 2nd year students
- 2010** **Movement coach, "Diary of a Teenage Girl," feature film and play**
Movement coach for development of new play written by Marielle Heller, directed by Sarah Cameron Sunde and Rachel Ekerling, 3LD Art and Technology Center, 3 month run, 2010. Now a feature film in independent release.
- 2008** **Master Teacher, International Festival of Dance/Linkvostok, RUSSIA**
Guest Teacher of Alexander Technique for Dancers

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- 2007** **Guest Teacher, Marymount Manhattan College Department of Communication Sciences and Disorders**
Teacher of the Alexander Technique in the Aphasia Clinic practicum
- 2006** **Camp Jabberwocky, Martha's Vineyard, MA**
Private and group movement/Alexander Technique instructor for people with cerebral palsy and their care givers
- 2006** **Lehigh Valley Charter School for the Performing Arts, Bethlehem, PA**
Alexander Technique instructor for Dance, Theater, and Vocal departments of performing arts high school
- 2000 - 2006** **Lee Strasberg Studio, New York University, New York, New York**
Guest Movement Instructor
- 2003** **Penland School of Crafts, Penland, North Carolina**
Movement Instructor – Summer Sessions
- 2002** **Mount Sinai Medical Center, New York, New York**
Alexander Technique Lecturer
- 2000** **Hospital for Special Surgery**
Alexander Technique Lecturer
- 1989 - 1996** **Early Childhood Center – P.S. 31, & Arts Connection in the Public Schools, New York, New York**
Dance Educator grades 1 – 6, under the auspices of Performance Mix and Arts Connection NYC
- 1993** **Performing Arts Chicago, Chicago, Illinois**
Community Outreach movement workshop residency with public school children and developmentally disabled adults; part of tour activities for Ann Carlson's Bessie Award winning "ANIMALS".

CHOREOGRAPHIC GRANTS, RESIDENCIE, AND AWARDS

- 2000** Puffin Foundation New York on New York Festival commission
- 1998** Space grant at Brooklyn Arts Exchange Women's Music & Performance Festival, Brooklyn, New York
- 1993** Harkness Foundations for Dance commission for "La La Land"
- 1993** Jerome Foundation/Dance Theater Workshop First Light commission for "La La Land"
- 1992** Dancing in the Streets commission for "Rightfully Yours"
- 1992** Choreographic residency at Downtown Art Co., New York, New York
- 1991** Harkness Foundations for Dance commission for "Bringing the Horses Inside"
- 1991** Jerome Foundation/Dance Theater Workshop First Light commission for "Bringing the Horses Inside"
- 1991** Choreographic residency at Downtown Art Co., New York, New York
- 1990** NYSCA sponsored choreographic residency at the Gowanus Arts Exchange, Brooklyn, New York
- 1989** ADF Young Choreographer's Exchange Project trip to France
- 1988** Choreographic residency at the Institute of Contemporary Art/PS 1 in Queens, New York