



Recommended Alexander Technique Teachers

I am pleased to recommend the following teachers of the Alexander Technique (some of whom have other skills that they use and teach in a manner infused with the Alexander Technique):

By Neighborhood (see details on each teacher in the alphabetical list below)

Chelsea/Garment District

Michael Hanko (Alexander Technique, Voice and Light-Touch Bodywork)
Mark Josefsberg (Alexander Technique and Cranialsacral Therapy)

Flatiron/Madison Square Park/NOMAD

Clare Maxwell (Alexander Technique)
Mark Josefsberg (Alexander Technique and Cranialsacral Therapy)

Union Square

Mark Josefsberg (Alexander Technique and Cranialsacral Therapy)
Morgan Rysdon (Alexander Technique)

Midtown Manhattan

Dan Cayer (Alexander Technique)
Anastasia Pridlides (Alexander Technique, Crystal Healing, Yoga)

Upper West Side

Dan Cayer (Swimming)
Phyllis Jo Kubey (Alexander Technique)

Brooklyn (Park Slope and Carroll Gardens)

Dan Cayer (Alexander Technique, Swimming)

Brooklyn Heights

Anastasia Pridlides (Alexander Technique, Crystal Healing, Yoga)

Queens (Elmhurst)

Mark Josefsberg (Alexander Technique and Cranialsacral Therapy)

Hoboken, N.J.

Morgan Rysdon (Alexander Technique)

Teacher Listing (alphabetical by last name)

Dan Cayer - Alexander Technique and Swimming

Alexander Technique Locations:

Midtown Manhattan: 1350 Sixth Avenue (at 55th Street)

Park Slope, Brooklyn: 142 Prospect Park West

Carroll Gardens, Brooklyn: 518 Henry Street

Swimming Locations:

Upper West Side: JCC of Manhattan, 334 Amsterdam Avenue

Park Slope, Brooklyn: Berkeley Carroll Athletic Center, 782 President Street

Contact Information:

Website: www.dancayerfluidmovement.com

Phone: 212-641-0108

Dan teaches an innovative approach to dealing with pain and stress, drawing on his training as an Alexander Technique teacher and his experience coming back from a life-changing injury. His return to health, as well as his experience with the physical, mental, and emotional aspects of pain, inspired him to help others. He now teaches the Alexander Technique as a method of recovering balance and well-being.

As a complement, he also provides hands-on instruction and support for adults who wish to learn how to swim without fear or pain.

Michael Hanko - Alexander Technique and Voice

Chelsea: West 24th Street between 8th and 9th Avenues

Contact Information:

Website: www.ArtandScienceofSinging.com

E-mail: michaelhanko.nyc@gmail.com

Phone: 917-239-0863

Michael came to the Alexander Technique as a means of eradicating chronic back pain and stayed for the transformative effects it had on his singing as well. Today, he works primarily, but not exclusively, with singers, helping all his students to make the most of

their possibilities. Michael brings together expertise from three separate fields: Alexander Technique, the vocal pedagogy of Cornelius Reid, and bodywork such as Craniosacral therapy and Visceral Manipulation. He considers himself in all these fields an explorer, and is constantly refining his approach to teaching and living based on new research, such as his weekly cooperative study sessions with Karen.

Mark Josefsberg - Alexander Technique

Locations:

Flatiron: 1123 Broadway (between 25th and 26th Streets)

Union Square: 39 West 14th Street (between 5th and 6th Avenues)

Chelsea/Garment District: 241 West 30th Street (between 7th and 8th Avenues)

Elmhurst, Queens: 42-16 80th Street

Contact Information:

Website: <http://markjosefsberg.com>

E-mail: mark@markjosefsberg.com

Phone: 917-709-4648

Mark had been a professional musician for decades when he began experiencing severe neck pain. The Alexander Technique alone was key to his becoming pain-free.

Mark became a certified teacher of the Alexander Technique in 2003. He is a full-time Alexander teacher and a former faculty member of the Alexander Technique teacher training program at the American Center for the Alexander Technique (ACAT). Mark works with people with neck pain, back pain, posture issues, and more. He teaches privately and has on-going weekly small group classes.

Phyllis Jo Kubey - Alexander Technique

Upper West Side: 255 West 108th Street (at Broadway)

Contact Information:

E-mail: pkubey@nyc.rr.com

Phone: 917-445-9929

Phyllis came to the Alexander Technique through a long history of chronic back and neck pain. After being on disability and doing daily medical/osteopathic treatment with physical therapy, acupuncture, movement therapy, neuromuscular therapy, massage therapy, etc., she had her first glimpse of being pain-free in one of her early Alexander

lessons and was "hooked." She trained to be a teacher so that she could give back to others the tremendous benefit she'd received from the Alexander Technique.

Phyllis is also certified in The Art of Breathing, incorporating the work of Carl Stough and Jessica Wolf, and has done extensive post-graduate work with Joan and Alex Murray and Marie Stroud. Phyllis has an M.M. in voice from The Juilliard School and is also an Enrolled Agent (EA) and Certified Financial Planner (CFP®).

Clare Maxwell - Alexander Technique

Madison Square Park/NOMAD: 1133 Broadway (at 26th Street)

Contact Information:

Website: www.claremaxwell.com

Phone: 718-243-2720

Clare became an Alexander Technique teacher after finding it to be the best support during her 30-year career as a professional dancer and choreographer. Clare has a special talent for showing people how to move pleurably and easily even if they feel clumsy or have no movement training. She has been able to free herself from serious hip and shoulder pain with the Alexander Technique, and enjoys providing pre- and post- operative support for people recovering from injuries of all kinds.

Clare's students include seniors with mobility challenges; people with back and neck pain; actors, dancers, and performers; and therapists and somatic practitioners who seek to embody healing principles in their work.

Anastasia Pridlides -- Alexander Technique, Crystal Healing and Yoga

Locations:

Midtown Manhattan: 1350 Sixth Avenue (at 55th Street)

Brooklyn Heights: 200 Clinton Street (at Atlantic Avenue)

Contact Information:

Website: movementhealingarts.com

Email: anastasia@movementhealingarts.com

Phone: 917-597-6110

Anastasia comes from a movement background, and teaches both yoga and bellydance in addition to the Alexander Technique. The Alexander Technique helped her rehabilitate her dance injuries, find a deeper and richer movement potential within herself and become less stressed and more balanced in her daily life.

She is particularly interested in working with people struggling with pain and injury, and additionally with those interested in the deeper connections between mind and body and body and emotions. Her students come from all walks of life.

Morgan Rysdon -- Alexander Technique

Locations:

Union Square: 39 West 14th Street (between 5th and 6th Avenues)

Hoboken, N.J.: 720 Monroe Street (between 7th and 8th Streets)

Contact Information:

Website: www.atcenterstudio.com

Email: morgan@atcenterstudio.com

Phone: 773-203-3357

Morgan is a certified Alexander Technique teacher and holds a BA in acting and performing. She has been trained through the National Parkinson's Foundations ATTP program and teaches Parkinson's and group classes at the JCC in Manhattan.

She is committed to helping students with chronic pain, stress and other health issues learn how to manage their symptoms, build awareness and improve their overall mobility, always aiming to assist individuals in achieving their own personal goals.