



Elizabeth Reese is a certified Teacher of the Alexander Technique and a member of the American Society for the Alexander Technique.

After receiving her degree in Women's Studies and performing arts from Thomas Jefferson College, Elizabeth moved to NYC to pursue a career in dance and theater. She began studying the AT in 1981 with Marjorie Barstow and considered the work as a core part of her training as a dancer/choreographer/performer. She trained to be an Alexander teacher from 1991-94 at the American Center for the Alexander Technique. In 2004 and 2006, she completed year-long graduate courses for AT teachers, first with John Nicholls followed by Jessica Wolf's course *The Art of Breathing*.

In 1987, she discovered Dressage, the study that united her love of horses, dance and the AT. She has studied extensively with Francois Lemaire de Ruffieu and Richard Ulman and has worked with Sally Swift, Karl Mikalka, Uva Steiner, Betina Drummand and Dominique Barbier. She is currently training with Tom Noone.

Elizabeth has taught workshops throughout the country including *Cornell University*, *New Age Health Spa*, *Winslow Therapeutic Riding Center*, *Amity Arts Studio*, *the Source for the Healing Arts* and *Yoga for Well-Being*. She is on faculty at John Nicholls' training course for AT teachers at ATNY and at Postural Rehabilitation, a training course for veterinarians learning alternative care for large animals. In addition, she is the founder and artistic director of The Warwick Summer Arts Festival, an annual ten-day celebration of the arts, including music, dance and theater, at sites around the Town of Warwick, New York. She maintains a private practice at her farm in Sugar Loaf, New York and in NYC.