



Sheila Bandyopadhyay is an AmSAT certified teacher of the Alexander Technique, performer and movement specialist. In addition to AT-NYC, Sheila is on the faculties of The American Academy of Dramatic Arts, the Linklater Center, and Shakespeare & Company in Lenox, MA where she teaches both Alexander Technique and movement for the actor. Sheila graduated from the Teacher Certification Course at AT-NYC in 2008 and holds a Master's degree in Movement and Physical Performance from New York University's Gallatin school. She

maintains a private practice in Brooklyn and Manhattan. For more information please visit [www.innovativemovement.com](http://www.innovativemovement.com).