

# Lauren Hallal

AmSAT Certified Alexander Technique Teacher  
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## Strengths:

- Deep knowledge of the Alexander Technique
- Excellent at communication and making personal connections
- Excellent at creating a safe and fun working environment
- Able to connect with each pupil individually to guide and motivate their personal growth
- A professional A.T. teacher and actor/deviser who writes and performs professionally

## Work Experience:

- 2017 – Present**      **Affiliated Faculty Emerson College**      **Alexander Technique Instructor**
- Created a unique curriculum for the Juniors enrolled in the B.F.A. Acting Program.
  - Introduced the students five principles of the Alexander Technique.
  - Students gained knowledge of their own habits and learned a “means-whereby” out of those habits based on Alexander Principles and Procedures.
  - Course work includes Body Mapping, mindfulness and basic anatomy.
  - Students examined body awareness in basic activities, and eventually used the Technique in acting, singing, breathing and scene work.
- Fall 2020 – 2021**      **Adjunct Faculty UMass Lowell**      **Alexander Technique Instructor**
- Teaching 2 unique but related courses in the Music Performance Program
  - Fall 2020 – The Art of Practice, Health and Wellness an introductory course that teaches students Healthy practice habits and injury prevention and strategies to deal with practice fatigue
  - Spring 2021 – Body Mechanics – A deeper dive into the Alexander Technique and Anatomy
- 2009– Present**      **Alexander Teacher**      **Private Alexander Technique Practice**
- Teach students one-on-one in private studio Newton, MA
  - Practice includes singers, musicians, actors, athletes and those looking for relief from back issues or chronic pain or those looking for better posture.
- 2015 – Present**      **Assistant Teacher**      **Alexander Technique Training Center**
- Assist training course director in instructing the trainees how become teachers of the Technique.
  - Instruct each trainee to find a better body use so they can become effective hands-on teachers
  - Trainees also work on me while I instruct them how to improve their teaching technique
- 2018 – Present**      **Anatomy Instructor**      **Alexander Technique Training Center**
- Created unique curriculum for teaching Anatomy to trainees in the certificate program.
- 2011 – Present**      **Alexander Technique Workshops**      **Various locations**
- Introduction to the Alexander Technique      Emerson College Musical Theater Program
  - Alexander Technique Master Class      Emerson College Summer intensive

- Introduction to the Alexander Technique Emerson College, Aspiral Acting Studio, Prana Power Yoga, Boteyko Breathing Method Conference, Malden High School Choir
- Alexander Technique for Musicians and Vocalists Berklee College of Music
- Alexander Technique and the Voice Northeastern University

**2015 Annual Conference Co-Chair American Society of Alexander Technique**

- Created programming for national conference.
- Responsible for budget, educational courses, hiring of teachers, promotion as well as finding accommodation, and programming social events.

**Acting:**

**1992 – Present Company Member Beau Jest Moving Theater**

- Member of movement theater company that writes through devising and creates original productions.
- Perform and tour with Beau Jest through-out New England and Theater Festivals

*Productions (Asterisk indicates original productions by Beau Jest)*

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|--------------------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------|
| • Screwball! (coming soon?!)*        | Lawyer/Effie                   | Boston Center for the Arts                                                                                  |
| • Journey to the Center of the Stage | Vera/Edwina                    | Charlestown Working Theater                                                                                 |
| • Krazy Kat*                         | Mrs. Kwakk-Kwakk & Ensemble    | Boston, MA, Spoleto Festival                                                                                |
| • The Last Resort*                   | Shop Owner, Raccoon & Ensemble | Boston, MA                                                                                                  |
| • Motion Sickness*                   | Woman & Ensemble               | Boston, MA                                                                                                  |
| • 8 ½*                               | Ensemble                       | Boston, MA                                                                                                  |
| • The Naked Giant*                   | Herb Stemple/Ensemble          | Boston, MA & New England                                                                                    |
| • Ten Blocks on Camino Real          | Gypsy/ensemble                 | Provincetown Tennessee Williams Theater Festival, Charlestown Working Theater, Bowdoin College, Lucid Stage |
| • Hadron Collider Therapy            | Dr. Beherns                    | Boston Theater Marathon                                                                                     |
| • A Christmas Carol                  | Martha/Ensemble                | Merrimack Repertory Theater                                                                                 |

*Shows and workshops using movement and improv to help write shows with K-12*

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|---------------------------------------|--------------------|-------------|
| • In Concert*                         | Student & Ensemble | New England |
| • The Prince & The Pauper*            | Prince/Variou      | New England |
| • Journey to The Centre Of the Earth* | Professor/Variou   | New England |

**Education:**

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|------------------------|--------------------------------------------------|-------------------------|
| • 2009                 | Certification in Alexander Technique             | ATTC Boston, Newton, MA |
| • 1989                 | BFA, Acting                                      | Syracuse University     |
| • 1992 – Present       | Davis Robinson, Movement Theater/Physical Comedy | Boston, MA              |
| • Jean Louis Rodriguez | Alexander Technique and Film                     | NYC, NY                 |
| • Jessica Wolf         | The Art of Breathing                             | NYC, NY                 |

**Interests:**

Humanitarian Outreach: Deep involvement in the Syrian Refugee Crises. Including personal contact and support of several refugee families. Aided in obtaining asylum in Germany for a group of four young children who lost their parents in a bombing. Assist financially and emotionally, a 25-year-old Syrian refugee in his studies of Law in Germany. Currently sponsoring a family of six living in exile in Lebanon. Connected the

family with Canadian Sponsorship group and currently helping them apply for Canadian citizenship. Hopefully the family will arrive in Nova Scotia sometime in 2020! Support for LGBTQ+ Arab men living in Muslim countries.

Improvisation and writing through improvisation, creation of original characters, singing, hiking, gardening, cooking, general joy.