

Tracy Einstein

M.AmSAT, SEP in training

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Tracy has over a decade of experience **nurturing embodied resilience** in the classroom and on stage. Through trauma-informed antiracist theater & movement facilitation, Somatics, and the Alexander Technique, her classrooms combine **community, creativity, and craft**. She believes the arts are a unique place for people to discover their creative agency in the studio and in their lives.

Teaching Alexander Technique & Movement for Performing Artists

undergraduate / pre-professional / professional / adults

American Academy of Dramatic Arts - New York, NY - 2018 to Present

Associate Faculty of Movement and the Alexander Technique

Faculty for the following classes: Alexander Technique 1 & 2, Movement 1, Rehearsal & Performance

Substitute Faculty for: Commedia Dell'arte, Neutral Mask

UMass Amherst, Theatre - Amherst, MA - 2024

Guest Lecturer for The Michael Chekhov Technique: Embodying Character, Somatic Resources for Performance

UMass Amherst, Dance - Amherst, MA - 2024

Adjunct Professor of Acting for Dancers

Teacher & Creator of a semester-long curriculum arch in Acting for Dancers: Somatic Resources for Performance.

Barnard College Dance, Columbia University - New York, NY - 2023

Guest Lecturer for Modern 3 & 5, Alexander Technique

Fairfield University Theatre. - Fairfield, CT - 2020 & 2023

Visiting Lecturer on Alexander Technique for Performance

Completely Ridiculous Conservatory - online - 2020 to 2022

Faculty of Alexander Technique with a focus on play

Faculty Spring Cleaning: Alexander Technique Fundamentals

Balance Arts Center - New York, NY -2017 to 2021

Assistant in the BAC Alexander Technique Teacher Training Class

Faculty for the following classes: AT Acting, Fundamentals in Flow

Presenter at Freedom to Act Conference on Acting & the Alexander Technique

Presenter at Freedom to Teach Conference on Teaching & the Alexander Technique

Faculty for the following special workshops: AT Singing, Opera Workshop in Antwerp, BE

Private Practice - New York, NY / Online / Northampton, MA - 2016 to present

Somatic Coach and Teacher of private lessons and group classes including:

Actor's AT Practice Group, Somatic Resources for Actors, Fundamentals in Flow, Poised to Play!

Teaching Movement, Theater, and Play

Pre-K to 12

The Darrow School - New Lebanon, NY - 2023

Visiting Teaching Artist for 12th graders in Embodied Resilience: Alexander Technique + Nervous System Regulation through the lens of Somatic Experiencing® and Polyvagal Theory.

Play Incubation Collective - Northampton, MA - 2023 - present
Teaching Artist for PIC Kids Summer - Growl & Groove and Soundscapes & Sorcery

Little Roots Family Music - Northampton, MA - 2022 - present
Teaching Artist for Little Feet, movement class for dancers ages 2 - 5 and their caregivers

The Public Shakespeare Initiative - New York, NY - 2015 to 2017
Teacher & Creator of a year-long curriculum arch for physical theater
Choreographer of dances and ensemble-based movement sequence.

Red Bull Theater Company & The Shakespeare Society - New York, NY - 2016 to 2018
Co-teacher & co-creator of a 10 class residency to draw 9th graders into the world of *Romeo and Juliet* through movement, speech, and performance.

Learning Through Expanded Arts Programming - New York, NY - 2015 to 2017
Teacher and facilitator for numerous in-school, after-school, and summer school programs for LeAp, integrating the arts into academic curriculum.

Refugee Youth Summer Academy with ASTEP (now Arts Ignite) - New York, NY - 2014
Co-teacher of a 6 week dance curriculum, designed to empower refugee, asylee, and immigrant middle school students for the upcoming school year.

Direction & Movement Direction

Director, *Twelfth Night* - Modern Shakespeare Project, New York, NY -2015
Director, *The Stronger* - The New Scandinavian Theater, New York, NY - 2016
Assistant. Director, *Eugene O'Neill Revue* - Playwrights/ CU Players, New York, NY- 2013
Movement Advisor, *As You Like It* - New Feet Productions, New York, NY - 2016
Movement Director, *Pains of Youth* - Cake Shop Theater Co, New York, NY - 2014
Movement Director, *Translations* - Taksu Theatre Company , New York, NY - 2017
Choreographer, *The Garden* - Columbia University, New York, NY - 2011

Performance

Play Incubation Collective - Northampton, MA - 2024
Amanda in staged reading of *Mox Nox*, by Patrick Gabridge

Play Incubation Collective - Northampton, MA - 2023
Member of ensemble for 2023 Developmental residency, *Feminist Theatre Potluck*

Silverthorne Theater Company - Northampton, MA - 2022 to 2023
Bianca in *The Taming*, by Lauren Gunderson
Shakespeare in staged reading of *Born With Teeth*, by Liz Duffy Adams
Mary Bennet in staged reading of *Miss Bennet: Christmas at Pemberley*

NU words - international - 2015 to present
An exploration of the intersections of dance, spoken word poetry, and jazz music. Premiered at Litchfield Jazz Festival August 2015, giving voice to prominent, progressive writers like James Baldwin, within the context of jazz music. A collaboration with drummer Richie Barshay, saxophonist/flutist Caroline Davis, and a rotating group of jazz musicians.

Modern Shakespeare Project - NYC- 2014 to 2019
Founding Associate Artistic Director of Guerilla Shakespeare Ensemble
Jack Cade et.al in *Henry VI, Parts 1-3*
Nurse & Benvolio in *Romeo & Juliet*
Reporter et al in *The Lamentable Tragedy of the Bull of Queens* (Winner, Player's Theater Short Play Festival)

Hudson Warehouse Theater Co - NYC - 2014
Perdita/Mamillias in *The Winter's Tale*

Essex/English Herald, *King John*

Clown Gym - NYC - 2014 to 2020

Founding member, Performer / Deviser for: *An Unapologetic Mess: A Clown Show & Romeo & Juliet, As told by Clowns*

Concert Dance at Barnard College - NYC - 2009 TO 2013

Performer in many student & department-led dances. Including pieces choreographed by Ernesta Corvino, Sidra Bell, Brian Brooks, and Jill Johnson. Performed at NY Live Arts, Miller Theater, and the Glicker Milstein Theater.

Workshops - Facilitated and Designed

Alexander Technique for Actors	Clayton High School, STL, MO	2023
Alexander Technique for Opera Singers	Rhode Island Chapter of the NATS	2023
Clowning & The Alexander Technique	Musical Moments Teatro Musical, NYC	2023
Trauma-informed Alexander Technique	Northampton High School	2022, 2023
Alexander Technique for Clowns	Studio Playground, online	2022
Somatic Resources for Actors	Balance Arts Center, online	2022
<i>Aligning with the Lense: Finding the Spine of your On-Camera Audition</i>	Freedom to Act Conference, NYC	2020
Commedia Dell'arte & Theatrical Clowning	Lycée Français De New York, NYC	2019
Theatrical Clowning for Musicians	Internal Compass, Mitzpe Ramon, Israel	2017
Stress Relief with the Alexander Technique	Riverdale Country School, New York, NY	2017
Klez-Clowning	KlezKanada, Montreal, Ca	2017
Alexander Technique for Classroom Teachers	LeAp, NYC	2016
Clown for Musicians	Panama Jazz Festival	2016

Program Facilitator

Undoing White Supremacy in the Alexander Technique - Online, international - 2020 to 2022

Co-wrote a resource for undoing racism and white-supremacy within the Alexander Technique practices / principles. Co-facilitated monthly accountability gatherings for practitioners.

Freedom to Teach Conference - NYC- 2018 to 2020

Primary organizer and co-facilitator of a week-long Alexander Technique workshop for drama & dance teachers

Refugee Youth Summer Academy - NYC - April to Aug 2016

Facilitated teacher hiring, training & orientation.

Oversaw curriculum for arts programming with a focus on English Language skill building, school readiness, and the development of soft skills

Education

Somatic Experiencing International - Boston, MA - candidate 2024

Balance Arts Center Alexander Technique certification (AmSAT - 1600 hrs) - New York, NY - 2017

Lincoln Center Teaching Artist Development Lab - New York, NY - 2017

Christopher Bayes Theatrical Clowning & Teacher Training - New York, NY -2015, 2019

Columbia University - New York, NY - BA 2013

select theater, dance & somatics workshops: Supporting Trans Youth with Trans Health in 2023, Neuroaffective touch with Embodied Philosophy in 2021, Ehlers-Danlos Syndromes / Hyper-mobility Spectrum Disorder Alexander Technique Training (34 hrs) in 2017, Art of Breathing with Jessica Wolf in 2019, Atlantic Acting School summer intensive in 2013, New York Drama Center workshops 2015-2020 Joanna Merlin, Jim Calder, Brian McManamon scene study, The Shakespeare Forum in 2014 - 2016, Lucid Body, Bates Dance Festival in 2012, Perry Mansfield Performing Arts Camp in 2011, Martha Graham winter intensive in 2012, Paul Taylor summer intensive in 2012, Barnard Dance Dpt, '09-2013

Member

Somatic Experiencing International®, American Society for the Alexander Technique, NYSUT

Honors

Distinguished Alumni, COCA - Center of Creative Arts, St. Louis, MO - 2023

Artist as Citizen Fellow, Juilliard School - New York, NY - 2013

References *available upon request*

Sheila Bandyopadhyay, Director of Training, Shakespeare & Company Center for Actor Training

Sarah Marcus, Co-founder, Play Incubation Collective

Sarah White-Ayón, Faculty member, American Academy of Dramatic Arts and Balance Arts Center

Erin O'Leary, Interim Head of Movement, American Academy of Dramatic Arts

Rhys McClelland, Education Manager, The Public Theater

Brian Scanlan, Founding Artistic Director, Modern Shakespeare Project

“Working with Tracy is always a pleasure, for both colleagues and those she is teaching. Her kind and confident approach to creative work offers the best possible opportunities for artists, learners and fellow teachers to succeed. A rare facilitator that is well admired by peers and students alike.”

— Rhys McClelland, Education Manager, The Public Shakespeare Initiative

Credentials

- 1600 hr Alexander Technique Teacher Training, Balance Arts Center, NYC
- Somatic Experiencing® : Beginning 1-3, Intermediate 1-3, Somatic Experiencing® International, expected completion of Advanced, 2024
- 34 hr Ehlers-Danlos Syndromes / Hyper-mobility Spectrum Disorder Alexander Technique Training, NYC
- 3 hr Supporting Trans Youth & Adult clients as a clinician, Transhealth, Northampton, MA, 2023
- Associate Faculty of Alexander Technique and Movement, American Academy of Dramatic Arts, NYC, since 2017
- Lincoln Center Teaching Artist Development Lab, NYC
- Art of Breathing w Jessica Wolf (in-process)
- Atlantic Acting School (summer intensive, 2013)
- BA, Columbia University

Member: Somatic Experiencing International®, American Society for the Alexander Technique , NYSUT

Faculty Member: American Academy of Dramatic Arts, Balance Arts Center for the Alexander Technique, Completely Ridiculous Conservatory , Little Roots Family Music

ADDITIONAL TRAINING

Acting: Atlantic Acting School Summer Intensive, Brian McManamon, Devin Shacket, Wendy Waterman

Lycée Français De New York - NYC - November 2019

Visiting Teacher of Commedia D'ell Arte & Theatrical Clowning

Performer

FOUNDING MEMBER

Nu Words, New York, NY

2015-Present

Nu Words is an exploration of the intersections of dance, spoken word poetry, and jazz music. It premiered at the Litchfield Jazz Festival in August 2015, giving voice to prominent, progressive writers like James Baldwin, within the context of jazz music. It is a collaboration with Tracy's partner, drummer Richie Barshay, and saxophonist/floutist Caroline Davis, and a rotating group of jazz musicians.

Modern Shakespeare Project, New York, NY

2014 – Present

*Founding Associate Artistic Director, Choreographer, Movement Director, Performer
MSP is a guerilla Shakespeare Performance Company*

- Director, *Twelfth Night*
- Asst. Director, *Romeo and Juliet*
- Asst. Director, *Julius Caesar*
- Actress, *The Lamentable Tragedy of the Bull of Queens** Winner, Player's Theater Short Play Festival
- Actress & Deviser, *Henry VI, Parts 1-3*

Clown Gym, New York, NY

2014 – Present

- Performer / Deviser, *An Unapologetic Mess: A Clown Show*
- Performer / Deviser, *Romeo & Juliet, As told by Clowns*
- Facilitator of clown workshops

NEW YORK DIRECTING / ACTING

• Director, <i>The Stronger</i>	The New Scandinavian Theater	Hannah Hasseloy
• Ast. Director, <i>Eugene O'Neill Revue</i>	Playwrights/ CU Players	Steven Kennedy-Murphy
• Movement Advisor, <i>As You Like It</i>	New Feet Productions	Jessica Bauman
• Movement Director, <i>Pains of Youth</i>	Cake Shop Theater Co	Katie Lupica
• Movement Director, <i>Translations</i>	Taksu Theatre Company	Miles Mandwelle
• Choreographer, <i>The Garden</i>	Columbia University	Orchesis
• Peridita/Mamillius, <i>The Winter's Tale</i>	Hudson Warehouse Theater Co	N. Martin-Smith
• Essex/English Herald, <i>King John</i>	Hudson Warehouse Theater Co	Jerrold Bogard
• Ghost, <i>The Cycle</i>	P.S. 59	Tiffany Kontoyiannis

NEW YORK CONCERT DANCE

• Sweet Light	Glicker Milstein Theater	Ernesta Corvino
• Mass Observation	NY Live Arts	Sidra Bell
• Relay	NY Live Arts	Brian Brooks
• Waterlines	Miller Theaters	Jill Johnson

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Working with Tracy is always a pleasure, for both colleagues and those she is teaching. Her kind and confident approach to creative work offers the best possible opportunities for artists, learners and fellow teachers to succeed. A rare facilitator that is well admired by peers and students alike.
— Rhys McClelland, Education Manager, The Public Shakespeare Initiative