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Lightnermethod.com**

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EDUCATION and CERTIFICATIONS:

Certified LearningMethods™ Teacher, 2005
Pacific Institute for The Alexander Technique, Chico, Cal., Alexander Teacher Certification 1988
International Somatic Movement Education and Therapy Association, New York City, NY. Registered Somatic Movement Educator, (RSME), 1991
Connecticut College, New London, Conn., B.A. Dance/Asian Studies, 1980
Madurai Kamaraj University, Madurai, India, Tamil Language Certificate. 1978-79

TEACHING EXPERIENCE:

Director of Stones in Water – www.stonesinwater.com

The studio in which I help people change the habits that underlie pain, stress and performance concerns. I teach individual lessons, workshops, seminars, and classes. I have developed The Lightner Method, a pedagogy based on current science for both music education and movement education.

- River Falls, Wisconsin, 1996-present
- Minneapolis, Minnesota 1989-present
- Chico, California 1988-1989

Faculty, VoiceCare Network, Colleegeville, MN 1996-present

Teaching group and individual Human Coordination and experiential learning pedagogy (Human Compatible Learning) classes during summer intensive courses for music educators and choral conductors.

Adjunct Faculty, University of Minnesota/Guthrie Theater BFA Actor Training Program, 2004 to 2009

Teach the spring semester Anatomy of Wholeness/LearningMethods class for the junior class.

Faculty, Macphail Center for the Arts, Minneapolis, 1999 to 2003

Taught a ten-week class for faculty in Ease in Performance, and Ease in Performance classes for the public.

Director of an On-Site Wellness Program-RPM Program (Relief, Prevention and Maintenance) at Badger West Distributors, Eau Claire, Wisconsin 2003.

Providing education, individual coaching, movement and meditation classes for employees of this mid-sized company.

Artist in Residence, University of Wisconsin, River Falls, Fall 2000

Taught a movement class for actors, coached movement for the fall production and gave classroom workshops.

Adjunct Faculty, Professional Actor Training Program, University of Minnesota, Minneapolis, 1991-2000

Gave weekly private lessons to MFA actors, was Alexander Coach for Shows, taught sections of Advanced Movement for Actors, and an undergraduate Alexander Technique Class, team taught Intermediate Acting (w/Kent Stephens and Barbara Kingsley) and a class in Balk Technique and Alexander Technique (w/Karen Miller).

Extension Faculty, Music Department, University of Minnesota, 1990 -1997

Created and taught Body Awareness in Performance, The Alexander Technique for Musicians.

Faculty, Wesley Balk Opera Music Institute, 3-week summer course for opera singers and directors, 1992- 1996

Taught daily movement classes, gave private lessons to all participants, coached rehearsals and assisted Dr. Balk in his classes, team taught with staff musicians and acting directors.

PUBLICATIONS

The Pedagogy of Empowerment, Star of the North.net – ACDA MN, Winter 2016 Issue

Patterns of Joy – Your Internal Compass (2016) *Beyond The Body* (2007) *The Coordination of Being—Conducting* (2004) *The Coordination of Bliss* (2002) LearningMethods.com

TEACHING RESIDENCIES

University of Western Ontario, London, Ontario, Music Department, on-going relationship with voice and choral programs – providing professional development and student education. 2009 to present.

Rocky Mountain College, Billings Montana, Choral Program, February 2016

University of Idaho, Music Department, February 2015

University of Iowa, Music Department, November 2014

College of St. Benedict/St. John's University, Voice and Choral Programs, Autumn 2013

University of Wisconsin, Milwaukee, Music Department, March 2006, February 2011, February 2013

Beth Falcon Music Theatre Studio, New York City, New York, June 2011

Northwest Community Music Academy, Crystal Lake, Illinois, August 2006, 2007

University of Minnesota/Guthrie Theatre BFA Acting Program, January-February 2003. to 2006

Taipei National University of Arts, Taipei Taiwan, Dance College, August 2004

St Olaf College, Music Department, Northfield, Minnesota 2002-2004

Bradley University, Music Department, Peoria, Illinois, September 2001

St. Cloud State University, Music Department, St. Cloud, Minn. February 2001

St. John's and St. Benedict's Universities, Music Departments, Collegeville, January 2000

St. Olaf College, Music Department, Northfield, Minn., September -December 1992

Bemidji State University, Center for Professional Development, Bemidji, January 1992-Workshops for Speech, Theatre, Music, Psychology, Dance Departments

The Guthrie Theatre, Associated Artist, Acting Company Lab, Minneapolis, March-April 1991 group class and private lessons for the Acting Company

Gustavus Adolphus College, Theatre/Dance and Music Department, Saint Peter, Minn., October 1990

University of Northern Iowa, Theatre Department, Cedar Falls, Iowa, November 1989

SELECTED WORKSHOPS:

2015: National Association for the Teachers of Singing, Moscow, Idaho; ACDA MN Minneapolis, MN

2013: Fairview Hospital Speech Language Pathologists

2012: St. Croix Valley Teachers Association, University of Wisconsin River Falls,

2011: University of Kansas, Music Education Department; Ignite Leadership Conference

2010: Rajaton – Finnish A Cappella group –workshop and individual lessons.

2009: Anatomy of Wholeness for Voice Teachers June

2008: Rajaton when performing with the Minnesota Orchestra June and October

2007: Wesley Balk Opera Music Institute Staff Training, MayDay Group Colloquium XIX, National Association for The Teachers of Singing National Summer workshop, Minnesota Flute Association, Baldwin Elementary School Teacher Wellness Class

2006: St. Croix Valley Music Teachers Association, Celebrity Lutheran Church Choir, Northwestern Health Sciences University-massage symposium, Rush Creek Growers-movement routine for workers, Hamline University, Minnesota Music Teachers Association, Project Sing-London, Ontario

2005: Northwestern Health Sciences University, Concordia College Music Department

2004: National Association for the Teachers of Singing (NATS) Conference, University of North Dakota-performing arts programs, Park Nicollet Hospital-rehab, speech therapy, College of St. Catherine's-Music Department, Minnesota NATS, Minnesota ACDA, Croix Center for Healing Arts

2003: Minnesota Music Educators Association, Minnesota Music Teachers Association, Carleton College

2002: North Dakota National Organization for the Teachers of Singing, Upper Midwest Organic Farming

Conference, Minnesota Music Educators Association, Wisconsin Choral Directors Conference
2001: Upper Midwest Organic Farming Conference, Midwest Flute Association Conference, Voice Center of Fairview University Hospital,
2000: SonSheim School of Music, St. Catherine's College, National Association for Teachers of Singing (NATS), Regency Hospital-Rehab Department, Northwestern College Music
1999: Flegel Piano Studio, Macphail Center, Northwestern College Music Department, Sister Kenny Institute PT and OT Departments, Minnesota Piano Teachers Association, Moundsview High School Choral Department, One Voice Mixed Chorus
1998: Minnesota Music Teachers Association, Augsburg College Suzuki Program
1997: St. Catherine's College Music Department, Music Tech, River Falls Wellness Network, Hudson Community Education

RELEVANT TRAINING AND EXPERIENCE:

BODY-MIND DISCIPLINES

Alexander Technique (Sherry Oliver, Barbara Conable, Alice Pryor, Bruce Fertman, David Gorman, Elizabeth Garren, Elizabeth Huebner, Giora Pincus, Jessica Wolf, D. Carrington, Marjorie Barstow and many more)
Laban Movement Analysis and Bartenieff Fundamentals (Irmgard Bartenieff, Collette Barry, Diane Schmidt, Martha Moore, Anne Hutchinson)
Ideokinesis(Irene Dowd)
Tai Chi Chuan(Sat Hon, Phillip Zarrilli, Lenzie Williams, Ben Lo, Bill Zeman)
Hatha Yoga(William Protengier, Teresa Pritchett, Scott Anderson, Regina Wray)
Body Mind Centering (Bonnie Cohen, Diane Elliot, Suzanne River, Margie Fargnoli)
Feldenkrais (Nancy Lark)
South Indian Martial Arts: Kaluripayattu (Phillip Zarrilli), Selumbu (P. Veran)
Dance Therapy (Mary Lee Hardenberg)
Council of All Beings/Deep Ecology Ritual Theatre (John Seed, Kay Grindland)
Meditation (K.Haran, Iyya, Meera Young, Hugh Milne)
Transpersonal Healing/Energy Work (Janet Marinelli, Dina Lawson, Gayle Kimball)
Visionary Cranial Sacral Work (Hugh Milne)
Learning Methods & Anatomy of Wholeness (David Gorman)
Plant Medicine (Mathew Woods)

DANCE/THEATRE:

Bharata Natayum,Classical South Indian Dance(Bala Krishnan, K. Neela, Raneer Ramaswamy, Jocelyn Gorham), danced with Ragamala Dance Theatre 1990-92
Modern and Jazz-ten years of training here is a small sample of teachers-Trude Link, Mark Taylor, Stuart Pimsler, Martha Myers, Beth Channock, Sara and Jerry Pearson, Lenore Lattimore, Daniel Nagrin, Don Redlick, David Dorfman)
Ballet (Marcus Schulkind, Carolyn Coles, Jacques D'Ambrose)
African (Chick Davis, Arthur Hall)
Middle Eastern Dance (Cassandra Shore)
Member Jacobs Kapers Morris Dance Team
Karagam South Indian Folk Dance (Om Parier Swami) Danced with his troupe throughout South Indian for four years 1978-79, 1981-84
Improvisation (Martha Myers, Martha Moore, Mabou Mines Company)
Member of Spanuptzes Theatre an Improvisation Movement Theatre Company in Cambridge Mass 1980-81
Voice (Axel Theimer, Leon Thurman, Marilyn Habermas-Scherr, Liz Grefsheim)