

Deborah Gladstein

*Certified teacher of the Alexander Technique and instructor of Yang style T'ai Chi
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Deborah Gladstein has been an instructor of the Alexander Technique, Yang style T'ai Chi and movement improvisation for the past thirty years, teaching at universities, corporations, health clubs and hospitals throughout New York City. A graduate of Bennington College and the American Center for the Alexander Technique, she has been in private practice since 1992. In addition to being a teacher, Ms. Gladstein is an award-winning dancer and choreographer.

Alexander Technique Instruction

Barnard College 2007, 08
New York University 2006
American Red Cross 2004
Manhattan Plaza Health Club 1992-present
Roosevelt Hospital 2003

T'ai Chi Instruction

New York University 2006-07
Manhattan Plaza Health Club 1992-present
Time-Warner Corporation 1991-1995
MTV Corporation 1992
New York Times 1992-94
Columbus Health Club 1994
Saint Vincent's Hospital 1999, 2004
Roosevelt Hospital 1994-96
Manhattan Plaza Wellness Center 1997-present

Awards and Grants

National Endowment for the Arts 1982-90
New York Foundation for the Arts 1986
Creative Artists Public Service Program 1985

Education

Bennington College, B.A. 1973-77
American Center for the Alexander Technique, A.C.A.T. 1989-92