

# Deborah Gladstein

Experimental Movement Artist &  
Teacher of the Alexander Technique and T'ai Chi Ch'uan

Deborah Gladstein's background includes extensive training and professional experience in the fields of dance, the Alexander Technique and T'ai Chi Ch'uan. As a student at Bennington College she worked with some of America's foremost modern dance innovators including Judith Dunn, Remy Charlip and Meredith Monk. She also studied with dancer/choreographer Martha Wittman, who introduced her to the work of Mabel Elsworth Todd. Todd's book, "The Thinking Body", as well as "The Resurrection of the Body" by F.M. Alexander, lay the ground work for Ms. Gladstien's interest in the potentials of the mind-body connection, both as a creative artist and as a practitioner of the Alexander Technique and T'ai Chi Ch'aun.

After graduating from Bennington College in 1977, Ms. Gladstein moved to New York City where her dance work was produced and commissioned by some of the city's leading experimental dance venues, including Dance Theater Workshop, Danspace at St. Mark's Church, The Kitchen, and Movement Research. Additionally, she has been commissioned by "Dancing in the Streets" to create several site-specific works for the natural outdoor settings at Wave Hill, a public garden and cultural center in the Bronx.

A recipient of numerous Choreography Fellowships from the National Endowment for the Arts and the New York State Council on the Arts, Ms. Gladstein has also received grants from the National Endowment for the Arts for her dance/video works made in collaboration with video artist Sam Kanter. Together they have appeared on PBS television as part of the "Eye on Dance" series.

Ms. Gladstein began studying the Alexander Technique in 1985 when she was recovering from an accident which temporarily suspended her dance career. During that time, she also learned the Yang style long form of T'ai Chi. Both the Alexander Technique and T'ai Chi Ch'uan were instrumental in facilitating a recovery that enabled her to return to dancing, including several years of performing and teaching abroad, where she toured with her own company and later, in collaborative work with Swiss performance artist Dorothea Rust.

In 1989 she began a three-year teacher training program at the American Center for the Alexander Technique. After receiving her certification in 1992, she opened a private teaching practice through which she offers individual and small group instruction. Ms. Gladstein has also been invited to give master classes and workshops at various institutions and organizations including the American Red Cross, Barnard College, the New York Times, New York University, Roosevelt and Saint Vincent's Hospitals, and the Time-Warner Corporation. She is currently on the staff of Manhattan Plaza Health Club, where she has been employed for over fifteen years.