

Maret Mursa Tormis

Alexander Teacher MSTAT
Drama School of Estonian Academy of Music and Theatre

Toom-Kooli 4
10130 Tallinn
Estonia
Mob. +372 551 2821
E-Mail: maret@tormis.ee

Bio

Maret Mursa Tormis completed her training as an Alexander teacher at Alexander Technique Institute of Finland in 1999. She has worked full-time in private practice and with music and theatre students at the Drama School of Estonian Academy of Music and Theatre since then. She has also worked as Alexander teacher in other Schools in Estonia (Choreography Department at Tallinn University and Viljandi Culture Academy of Tartu University). Prior to finding her way to Alexander Technique, she was a professional actress at the National Youth Theatre of Estonia for 14 years and till now participates in different projects.

She has been sharing work experience with teachers at The Royal Academy of Drama and Art and working as an exchange teacher at Royal Academy of Music, at St Petersburg Theatre Arts Academy and at Theatre Academy of Riga. She has also worked as a teacher in different Alexander Technique Training Schools in Europe.

She has taught on many workshops, both for musicians and performing artists, in Europe. She has given talks and workshops at different conferences and seminars.

Since 2002 she has been organiser of the celebration of “F. M.’s birthday in Estonia”, an annual event which brings together teachers from all over the world to give free lessons on January 20th, the birthday of F. M. Alexander, founder of the technique.

In 2015 she opened her Alexander Technique Teacher Training Course in Estonia.

She is currently doing her Doctoral research:
“The use of conscious inhibition in the work of a performing artist”