

Europass Curriculum Vitae

Personal information

First name(s) / Surname(s) **Maret Mursa Tormis**
Address Tallinn (Estonia)
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E-mail(s) mursatormis@gmail.com; mursa@olemine.com
Nationality Estonian
Date of birth 18/06/1954
Gender Female

Work experience

Dates 1999 →
Occupation or position held Associate professor of Alexander Technique
Main activities and responsibilities full time teacher working with actors and musicians
Name and address of employer Drama School of Estonian Academy of Music and Theatre (Estonia)

Dates 1999 →
Occupation or position held Teacher of Alexander Technique
Main activities and responsibilities giving Alexander Technique courses and workshops for beginners and for advanced at music schools, for yoga instructors, equestrians, choreographers, doctors, athletes etc.
Name and address of employer Private practice (Estonia)

Dates 2001 →
Occupation or position held Alexander technique teacher's practice
Main activities and responsibilities all together about 1 year of Alexander Technique teacher's practice in different AT training schools (England, Spain)

Dates 2002 →
Occupation or position held organiser of the celebration of "F. M.'s birthday in Estonia"
Main activities and responsibilities This is 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

Dates 2007 →
Occupation or position held Teacher of Alexander Technique
Name and address of employer Tallinn University Department of Choreography (Estonia)

Dates 2016 →
Occupation or position held Head of Teacher
Name and address of employer Alexander Technique Institute of Estonia

Dates 2007.03 (1 week)
Occupation or position held Teacher of Alexander Technique (Socrates/Erasmus Program)
Name and address of employer Theatre School in Riga

Dates 05/2010 - 11/2010
Occupation or position held Director of performance "Four Views"
Main activities and responsibilities Four Views gives four choreomusical perspectives on a single story. These perspectives and their

mode of expression have been evoked by a convergence of Alexander Technique and kinesiology, using artistic and scientific methods to delve deep into a person's mental and corporeal layers and bring forth something which has hitherto remained unnoticed.
Four views. Different cultures. One and the universe. Male and female. Love and mundanity. Wrath and God.

Dates	2006 - 2007
Occupation or position held	A solo singer and choreography coach
Main activities and responsibilities	I participated summer 2006 and 2007 as a solo singer and choreography coach in the Nargen Opera/ Von Krahl Theatre project "Songs of Estonian Women" on Naissaare island.
Dates	1997 - 1997
Occupation or position held	Teacher of movement - stand up supplementary training courses which ended with a performance
Name and address of employer	Helsinki Higher Theatre School (Finland)
Dates	1994 - 2001
Occupation or position held	Taiji teacher
Name and address of employer	Self-employed (Estonia)
Dates	1994 - 1998
Occupation or position held	Voice teacher
Name and address of employer	Estonian Institute of Humanities (the Theatre Department) (Estonia)
Dates	1980 - 1994
Occupation or position held	Actress
Name and address of employer	National Youth Theatre of Estonia (Estonia)
Dates	1980 - 1993
Occupation or position held	Singer
Name and address of employer	Viru Variete (Estonia)

Education and training

Dates	2008 →
Title of qualification awarded	Doctoral studies in creative research
Principal subjects / occupational skills covered	Doctoral research "The use of conscious inhibition in the work of a performing artist" - supervisor; Glenna Batson
Name and type of organisation providing education and training	Drama School of Estonian Music and Theatre Academy
Dates	29/04/2011 - 01/05/2011
Occupational skills covered	James Earls (London, Kinesis UK) Thomas Myers' Anatomy Trains (21 hours)
Dates	2009 - 2010
Principal subjects / occupational skills covered	course TRE (training program on trauma and Post Traumatic Stress Disorder (PTSD) by Dr. David Berceci (Arizona State University) - Helsinki, Finland
Dates	2008 - 2008
Title of qualification awarded	Alexander Technique applied to pregnancy and childbirth training as Doula
Occupational skills covered	3-day course
Name and type of organisation providing education and training	Eutoria - Ilana Machover (United Kingdom)

Dates	2005 - 2011
Principal subjects / occupational skills covered	International Summer School for the Alexander Technique organized by John Hunter - courses for Teachers, Catalonia, Spain (10 days)
Dates	2003 - 2005
Principal subjects / occupational skills covered	Basic course "Alexander Technique and seeing", Peter Grunwald (STAT), Brigitte Cavadias STAT, APTa, BAVE and Marjory Fern STAT (5-day course x 2)
Dates	2002 - 2003
Title of qualification awarded	Basic course of classical medicine
Principal subjects / occupational skills covered	200 hours course of classical medicine (human anatomy and physiology) - professor Joukko Heiskanen, Finland. Final work: Prerequisite of functional proprioception and F.M. Alexander principle
Name and type of organisation providing education and training	Institute of Natural Therapies of Finland (Finland)
Dates	1999 - 2009
Principal subjects / occupational skills covered	Masterclasses with the first generation of teachers: Glenna Batson, Peggy Williams, Erika Whittaker, Elisabeth Walker, Marjory Barlow, Walter Carrington, John Hunton, Malcolm Balk, Steven Shaw,
Dates	01/1997 - 12/1999
Title of qualification awarded	Alexander teacher's certificate (STAT)
Principal subjects / occupational skills covered	Alexander teacher's 3 year course approved by the Society of Teachers of The Alexander Technique (STAT)
Name and type of organisation providing education and training	The Alexander Technique Institute of Finland (Finland)
Dates	1996 - 1996
Title of qualification awarded	Teacher's certificate in Taiji
Principal subjects / occupational skills covered	teaching Taiji by Rein Siim
Dates	1976 - 1980
Title of qualification awarded	BA in acting
Name and type of organisation providing education and training	Higher Drama School of Tallinn National Conservatoire (Estonia)
Level in national or international classification	EQF, EstQF level 7

Personal skills and competences

Mother tongue(s) **Estonian**

Other language(s)

Self-assessment
European level ()*

English

Finnish

Russian

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
B1	Independent user	B1	Independent user	A2	Basic user	B1	Independent user	A2	Basic user
B2	Independent user	B2	Independent user	B1	Independent user	B1	Independent user	A2	Basic user
B2	Independent user	B1	Independent user	A2	Basic user	A2	Basic user	A2	Basic user

(*) [Common European Framework of Reference \(CEF\) level](#)

Additional information

Participating regularly in international conferences for Alexander Technique teachers