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 an Alexander teacher in other Schools in Estonia (Choreography Department at Tallinn University and Viljandi Culture Academy of Tartu University). Before finding her way to Alexander Technique, she was a professional actress at the National Youth Theatre of Estonia for 14 years and still participates in various theatre projects.

She has been sharing work experience with teachers at The Royal Academy of Drama and Art and working as an exchange teacher at the Royal Academy of Music, the St Petersburg Theatre Arts Academy, the Latvian Academy of Culture, the Tehran Samandrian Theatre Institute and the Shiraz Abnus Theatre Institute. 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 2001 she has organised an annual event “F.M.’s birthday in Estonia” which brings together A. T. teachers from all over the world to give free lessons. It takes place on January 20th, marking the birthday of F. M. Alexander, the founder of the technique.

She is currently conducting her Doctoral research:

“The use of conscious inhibition in the work of a performing artist”. In connection to this two year project, she staged a play, “Four View”.

On January 20th 2016 Mrs Maret Mursa opened the Alexander Technique Institute of Estonia in Tallinn where she is the Head of Training.