

# Amanda Blair MacDonald

## MFA, M.AmSAT, R-MPA

507 Kin Court, Wilmette, IL 60091 | 312.823.2224 | abmacd53@gmail.com  
www.AmandaBlairMacDonald.com

### Teaching Artist, Professional Development Leader, Community Builder Specializing in Movement and the Brain

Enthusiastic professional educator with keen observation skills and the ability to Alexander Technique

#### Education and Credentials

**Registered Movement Pattern Analyst**, January 2019  
The Warren Lamb Trust

**MFA in Dance**, August 2017  
Focus on Somatic Movement  
University of Wisconsin, Milwaukee

**AmSAT Certified Alexander Technique Teacher**, June 2006  
3-year / 1600-hour course  
The Dimon Institute, NYC

**Professional Certificate in Musical Theatre Performance**, October 1993  
2-year conservatory training program  
The American Musical and Dramatic Academy, NYC

**BA in Theatre Arts and Speech**, May 1991  
Concentration in Music  
The University of the South, Sewanee, TN

#### Professional Memberships

The American Society for the Alexander Technique (AmSAT)  
Warren Lamb Trust (WLT)

Association of Theatre Movement Educators (ATME)

Association for Theatre in Higher Education (ATHE)

National Dance Education Organization (NDEO)



**Alexander Technique Private Practice** June 2006 – Present

Private Lessons, Group Classes, Peseneatone

Visceral Dance Studio, Chicago, IL, Spring 2016

**Taylorsville High School**, Taylorsville, UT, February 2019

Three Master Classes

Alexander Technique  
Musical Theatre: Fosse  
Creating Physical Character

**ChiArts Performing Arts High School, Chicago, IL**, Spring 2017

Substitute teaching in the dance department  
Alexander Technique for dancers  
Conditioning for dancers

**Near North Montessori School, Chicago, IL**, Sept 2011 to March 2022

Full time: Sept 2011 to June 2015,  
Part time: Sept 2015 to March 2022

Designed and taught Developmental Gym, movement fundamentals for ages 2-6, intended to address needs in developmental movement and sensory processing, as well as introduce basic hand eye coordination and ball skills  
Dance Classes for ages 5-12, Curriculum based on Brain Compatible Dance Education as taught by Anne Green Gilbert at Creative Dance Center, Seattle, WA  
Various Afterschool Classes including: Composition, Tap, Musical Theatre, Faculty Movement Class  
Developed a program to train middle school students as dance teaching assistants  
Coordinator of the All-School Dance Concert  
Provided direction and choreography for class plays  
Presented Faculty, Student, and Parent Education workshops  
Volunteered for various school events  
Participated in Diversity Training and various Professional Development lectures  
Developed online courses during COVID19 school closure

**The Joffrey Office of Community Engagement, Chicago, IL**, September 2008 to May 2012

Taught Middle School Dance Clubs, a program which teaches leadership, teamwork, creativity and self-discipline through student choreography projects  
Taught a residency program for 3 years at Near North Montessori School

- o Created full length concerts of dances in a variety of styles, edited music, designed programs, and supervised costumes and decorations

Created curriculum and choreography for 2 arts-integration residencies at Blaine Elementary School in conjunction with the Field Museum, culminating in performances by the students  
Taught the "Bridge" Ballet Program for 1<sup>st</sup> and 2<sup>nd</sup> grade students at Bethune Elementary School, designed to prepare students in underserved communities for auditions for the Joffrey pre-professional program  
Various other residencies around Chicago in both public and private schools

## **Keynotes / Public Speaking**

**How We Think is How We Move**, Oct 2023

The Winnetka Fortnightly

**The Science of Collaboration**, May 2021

DePaul Faculty Forum Keynote Address, Chicago, IL



## **Corporate Workshops**

### **Alexander Technique for the Workplace**

Arcelor Mittal USA, May 2015

Hinshaw and Culbertson, LLP, May 2016

## **Other Workshops and Master Classes**

### **Introduction to Alexander Technique: Outer Shape and Inner Flow, April 2022**

Northwestern University, MFA in Acting, Chicago, IL

### **Alexander Technique Pop-Up, April 2022**

Roosevelt University, Chicago







## Performing – (as Amanda Blair Ellis)

### Tours

Damn Yankees, National  
42nd Street, European  
42nd Street, National  
Wizard of Oz, National & Korea

Lola Understudy, Ensemble  
Ensemble  
Ethel/Lorraine  
Nikko/Choir Captain

NETworks  
Wolfgang Bocksh  
Troika  
Fourquest

## **Other Choreography / Direction / Production Experience (as Amanda Blair Ellis)**

**New York Financial Writers Association** “Financial Follies” Corporate Benefit

Choreographer, 2002, 2003

Assistant Director, 2005, 2006, 2007

**TWP/Skydancer Productions:** Co-founder & Managing Director

3 Seasons of Developing Original Works By, For, and About Women

**House Manager / Assistant House Manager**

Lincoln Center Concert Halls (Alice Tully, Avery Fisher, Kaplan Penthouse)

Walter Reade Theatre, Film Society of Lincoln Center

Director’s Guild of America Theatre, NYC

**Writer, Producer, Performer, 2003**

A three-woman book cabaret show featuring country music songs

## **Professional Service (as Amanda Blair MacDonald)**

**DePaul University Adjunct Faculty Advisory Committee,** October 2022 – October 2024

Communications and Events Sub-Committee

**Board of Directors Member-at-Large,** July 2022 – present

American Society for the Alexander Technique

**Membership Committee Co-Chair,** January 2019 **Chair,** June 2019 – present

American Society for the Alexander Technique

**Curator and Host of “Taking Time to Connect,”** March 2020 – present

Weekly all-membership Zoom series for the American Society for the Alexander Technique

**Planning Committee and Onsite Volunteer – International Alexander Congress,** August 2018

Alexander Technique Affiliated Societies (International Conglomerate)

**Training Standards and Course Requirements Committee,** February 2014 – July 2018

American Society for the Alexander Technique

**Excellence in Teaching Awards Committee,** 2022

School of Music, DePaul University

**Board Member,** 2012-2015

The Lakeside Singers, Evanston, IL

**Co-founder, Planning Committee, Website Committee, Treasurer,** September 2013 – present

Chicago Alexander Teachers

Other Service

Alumni Arcadian, Alumni Representative at College Fairs,

**Movement Pattern Analysis Training and Certification, 2017-18**  
The Next Move, Chicago, IL

**Voice Lessons, 2017 to present**  
Lisa Lee, Voice for the Whole Singer, Chicago, IL

**Framework for Integration 2-day workshop**  
Luc Vanier, Elizabeth Johnson, Rebecca Nettl-Fiol, Matthew Ventura, August 2018

**Teaching Artists Workshop: Frame. Train. Retain.** January 2019

**Trauma Informed Teaching, April 2018**  
Both Professional Development Workshops provided by Ingenuity, Chicago

**AWARE 9-Month Diversity Training, Academic Year 2016-17**  
Near North Montessori School, Chicago, IL

**Brain Compatible Dance Education and Developmental Movement, Summer 2013 & 2014**

DNA), Sandra Cameron Dance Center (Ballroom), TVI Studios, Michael Howard Studios, and Landmark Education

## **Awards**

### **Certificates of Merit**

American Society for the Alexander Technique, 2021, 2022, 2023

### **Distinguished Service Award**

American Society for the Alexander Technique, June 2020