

ROBYN AVALON BIO



Contemporary Alexander Work is an experiential study of the *quality* of your life. Robyn has been studying and teaching Contemporary Alexander for nearly 50 years. An internationally recognized Master Alexander Trainer, she is the Founding Director of [The Contemporary Alexander School](http://www.contemporaryalexander.com), offering professional development and teacher training programs in Santa Fe, NM, Portland, OR, NYC, Cleveland, and TX; and is also Co-Director of *Alexander Alliance International*, offering a range of programming throughout Europe, the UK, and Asia.

Robyn is also the creator of [Living in a Body™](http://www.contemporaryalexander.com), an online/in-person Body Mapping Certification Program, which teaches how to understand and embody our innate design through an accessible and playful process.

Concurrent with her AT explorations, Robyn assists people in developing intuitive skills and opening the “clairs” through her *Ways of Knowing* Courses, as well as helping people understand how to use our innate somatic design to access and work with frequencies, dimensions, psychic realms, manifestation, and a range of energy work modalities.

Robyn is also a professional theater director/choreographer, as well as a professional rhythm tap dancer. She lives in Santa Fe, NM and NYC with her wife, Katherine, and they have two sons - Lucian and Phoenix - who are both young classical musicians living in NYC.

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