Alexander Technique Workshops

Group workshops for singers, performers, and anyone curious about moving and breathing with more ease

The Alexander Technique is a tool that teaches you how to listen to yourself. It is not about fixing anything. It is about becoming more aware of your habits, gaining choice, and showing up more fully, whether you are teaching, performing, or simply going about your day. In my workshops I share this work with groups, in a way that is supportive and grounded in curiosity: I help participants recognize the patterns that might be getting in their way and gently guide them toward new possibilities.

The workshop

Each workshop is shaped around the people in the room: singers, musicians, educators, wellness professionals, and creative teams. We explore attention, ease, breathing, and presence, and the work is shared through verbal cues and light touch. Participants leave with tools they can keep using in their own practice, rehearsal, and daily life.

A single workshop runs an hour and a half, and I also teach short series for groups that want to go deeper over several visits. Both in-person and virtual formats are available, for groups of ten or more.



Leading a group workshop; more at fannylora.com

The teacher

I am a Dominican-American mezzo-soprano and certified Alexander Technique teacher. Through Berklee College of Music's Wellness Department, I taught one-on-one and group Alexander Technique workshops for musicians for two years (2023–2025), helping them create sustainable coordination and relationships with their instruments and themselves. I continue as a guest teacher for schools, conservatories, choirs, and community organizations, including a three-part workshop series for the Exsultet choir in 2026.

As a performer I specialize in Spanish and Latin American repertoire and founded Mano a Mano, a concert series bringing Hispanic classical music to new audiences. The same work on ease and presence runs through everything I teach.

The visit

Format	A 1.5-hour workshop for groups of 10 or more, or a short series; in person or virtual, shaped with each organization
A natural fit for	Schools, colleges and conservatories, choirs, libraries, community organizations, wellness programs, creative teams, and professional development days
Recent teaching	Berklee College of Music Wellness Department, one-on-one and group Alexander Technique workshops for musicians (2023–2025); three-part workshop series for the Exsultet choir (2026); guest teaching for schools, conservatories, and community groups

One 1.5-hour workshop, shaped for your group $500

Community rates available on request.

Booking and questions: Fanny Lora · fannylora@fannylora.com · www.fannylora.com · Holliston, MA · Prepared November 7, 2026