

Workshops & Presentations

As a certified Alexander Technique teacher, Fanny Lora guides students to develop greater mind-body integration through practical tools and heightened awareness. Her approach emphasizes treating the body as an instrument—refining coordination, presence, and ease in both teaching and performance. With a focus on sustainable practice and embodied artistry, Fanny helps students unlock freedom, effectiveness, and renewed expression in their work.

November 2024

Balancing Act: Mind, Body, and Ease for the Artist-Educator

Guest Artist, Fall River Public Schools Professional Development
Fall River, MA

April 2024

Balancing Act: Mind, Body, and Ease

The Loft at Berklee College of Music
Boston, MA

November 2023

Alexander Technique Workshop for the Choir Singer

Natick High School
Natick, MA

October 2023

Intro to Alexander Technique

Health & Wellness Department, Berklee College of Music
Norton, MA

September 2023

Intro to Alexander Technique

Department of Music, Wheaton College
Norton, MA

May 2023

Voice & Alexander Technique Integration

Exsultet Women's Choir
Holliston, MA

February 2022

Alexander Technique Workshop for the Choir Singer

Natick High School
Natick, MA

January 2022

Kick Your Mental Health Up a Notch: Combining Body Awareness Through Alexander Technique

Virtual Workshop (with Sarah Baroud, LICSW)

April 2021 – October 2021

Voice & The Alexander Technique

Resident Teaching Artist, Exsultet Women's Choir
Holliston, MA

February 2021

Alexander Technique for the Choir Singer

Natick High School (Virtual Workshop)
Natick, MA

November 2020

Alexander Technique for the Choir Singer

Howard High School (Virtual Workshop)
Howard County, MD

November 2019

Alexander Technique for the Choir Singer

Natick High School (Virtual Workshop)
Natick, MA

October 2019

Andaluz Concert Program Workshop & Repertoire Historical Background

Casa de España, Dominican Republic
Dominican Republic

June 2019

Alexander Technique for the Classical Singer

The Boston Conservatory @ Berklee Valencia
Valencia, Spain

April 2019

Voice & The Alexander Technique

Exsultet Women's Choir
Holliston, MA

March 2019

How to Make Your Practice Count: An Alexander Technique Workshop for Musicians

New School of Music
Cambridge, MA

February 2019

Alexander Technique for the Choir Singer

Natick High School (Virtual Workshop)
Natick, MA

October 2018

Intro to Alexander Technique

Exsultet Women's Choir
Holliston, MA