

MONIKA GROSS

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Address: The Poise Project
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PRESENT POSITION

THE POISE PROJECT

2016-Present: Founder & Executive Director
Asheville NC

Nonprofit with the mission of maintaining natural poise throughout all stages and challenges of life through the educational principles of Alexander technique (AT).

Program development, fundraising, team building.

- Creating and delivering AT principle based classes for target populations
- Creating and delivering AT principle based continuing education courses for industry professionals
- Identifying funding sources and delivery systems to provide alternatives to current private practice/private pay models, bringing AT to more socioeconomically diverse populations
- Initiating research projects to build on existing data on AT
- Creating jobs for AT professionals in new populations and industries through a strategic, targeted approach
- Creating internships and entry-level job opportunities for AT graduating trainees
- Creating post-graduate training to prepare AT teachers to meet demands for new industry jobs

The Poise Project Bay Area Parkinson's Patient Referral Project

Partnered with Dr. Maya Katz, Movement Disorder Specialist, UCSF, and Colleen Fischer, National Coordinator of Signature Events, Parkinson's Foundation, to establish

a Parkinson's patient referral program for the Bay Area. Designed and implemented full-day specialized trainings for Alexander technique teachers in San Francisco and San Jose CA. October 2017.

The Poise Project teacher teams at Parkinson's Foundation Moving Day®

Developed and administered Alexander technique teacher team participation at Parkinson's Foundation Moving Day® events, to date in San Francisco, San Jose, Cary NC, Boston, Chicago, Los Angeles, Dallas/Fort Worth, Boca Raton and Miami. Designed and provided all materials and signage, did broad outreach to local AT teachers; did live video teacher training briefings; made and enhanced partnering relationships with Parkinson's Foundation Community Development administrators. May 2017 - Ongoing

The Poise Project "Partnering with Poise: Alexander classes for Care Partners" program

Developed and administered project from conception to implementation, including: partner outreach and development; grant writing resulting in \$25,000 Parkinson's Foundation Moving Day® Community Grant; class protocol design; research design including successful IRB approval of study by University of Idaho; class recruitment including multiple support group presentations and creation of all outreach materials; survey, video and photo data collection and management; taught first two full initial courses and made improvements in protocols; led teacher training in protocols and best practices; responsible for all interim and final reports to Parkinson's Foundation. February 2017 - June 2018

4th World Parkinson Congress

Organization, Team Development, Abstract Supervision & Site Management
The Poise Project Exhibit Booth, Portland OR, September 2016.

ADDITIONAL CURRENT & PREVIOUS POSITIONS

AT-A-SITE THEATER

2012-Present: Founder and Artistic Director

Asheville NC

www.at-a-site-theater.com

"Theater in unusual spaces. Theater in familiar spaces in unusual ways. Taking time to bring meaning to space." Creation of intimate street performances. Projects realized in North Carolina, South Carolina, New York City, and Ireland.

Fiscal Sponsor: BLACK MOUNTAIN COLLEGE MUSEUM + ARTS CENTER

International Performance Project:

CELEBRATING THE BIRTHDAYS OF DEAD WRITERS: the afterlife of the written word

2014-16: Intimate Street Performance

Asheville NC, New York City, Dublin, Galway, Limerick
Passersby chose from a menu of short texts by writer whose birthday it is.
Texts are read to them.

FORM FITNESS & FUNCTION

2007 - Present: Co Owner and Founder
New York, NY, Asheville NC, Charlotte, NC
www.formfitnessfunction.com Fitness and wellness services delivered in studio, onsite, or
anywhere in the world via Skype. Alexander technique, pilates, running coaching, rehab, fitness
for 60+

ALEXANDER TEACHERS OF THE MOUNTAIN REGION

2010-Present: Communications.
Western North Carolina group of regional teachers. Sending out monthly email
notices, as well as special emails re member workshops. Keeping current our
email contact list. Reaching out to new teachers in the region. Leading many
monthly meetings.

ALEXANDER TECHNIQUE INTERNATIONAL

2010-2013: Communications Co-Chair.
Edited ATI newsletter "The Communique" (six editions annually)
Co-ordinated translation of "The Communique" into German & French
Proofread quarterly magazine "The ExChange"
Made improvements in "All Together," the member pages on the ATI website

STUDIO-AT-LARGE

2009-2010: Co-founder with Belinda Mello and Lindsay Newitter. NYC.
Promoted AT in diverse public settings for passersby.

MCKINSEY & CO.

2005-Present: Performance Consultant
New York NY & Distance Learning

WESTERN NORTH CAROLINA PERFORMING ARTS MEDIA FOR LIBRARIES

2012-2015 Owner
Asheville NC
Distributor for avant garde art media to libraries

SMARTY PANTS THEATRE

1990-2006: Founder and Artistic Director
New York NY
Fundraised, Produced & Directed eight theater productions

THEATREWORKERS

1982–1990: Founder and Artistic Director
New York NY
Fundraised, Produced & Directed six theater productions

THE NEW COMMUNITY

1988–1990: Co-Founder and Producer with dramaturg Victoria Abrash
New York NY
New works development program at the Irish Arts Centre, Jim Sheridan, Artistic Director.
Provided dramaturgical support and rehearsal and performance space to over 30 projects

BROOKLYN ACADEMY OF MUSIC

Summer 2003
Brooklyn NY
Production Assistant for outdoor onsite Rhythm + Blues Festival at MetroTech

BROOKFIELD PROPERTIES ARTS & EVENTS

2002-2005: Production Assistant
New York NY
After Post 9/11 Reopening of World Financial Center, Winter Garden, and Boat Basin
PA for over 40 Events: The President & First Lady's Dinner for the 2002 United Nations General Assembly. President Bill Clinton's address at a Harlem Business fundraiser. Free public concerts with artists such as Patti Smith, Randy Newman, Joan Osborne, David Johansen, Toshi Reagan, Dar Williams, Black Keys, Ladysmith Black Mambasa.

NEW YORK PUBLIC LIBRARY

1995-2002 Public Relations Office
Wrote Press Releases for all NYPL Branch Libraries.

SCRIPT READER

Literary Departments of many New York theaters
NY Shakespeare Festival/Public Theater, The Lark Theater, NY Theater Workshop

PROFESSIONAL MEMBERSHIPS

ALEXANDER TECHNIQUE INTERNATIONAL

2010-Present: Teaching Member

INTERNATIONAL SOMATIC MOVEMENT EDUCATORS & THERAPISTS (ISMETA)

2015-Present: Registered Somatic Movement Educator (RSME)

DRAMATISTS GUILD

2001-Present: Member

SOCIETY OF DIRECTORS & CHOREOGRAPHERS
1999-Present: Associate Member

WOMEN'S PROJECT DIRECTORS FORUM
1999-2002: Member
New York NY

LINCOLN CENTER THEATER DIRECTORS LAB
1995-Present: Original Founding Member
New York NY

NEW YORK THEATER WORKSHOP
1989-1999: Original Member/Usual Suspect
New York NY

ACTORS EQUITY ASSOCIATION
1986-Present

EDUCATION AND TRAINING

ALEXANDER TECHNIQUE
1982-1985: Training Program, New York NY
Lydia Yohay (ACAT)
Certified Teacher of the Alexander Technique
 Genny Kapuler - anatomy 1982-83
 Susan Milani - anatomy 1984-85
 June Ekman - Interim Alexander teacher training 1985-86
 Leslie Hunt - (UNC School of the Arts, Drama Department) 1976-77
 Mary Braaten - ACAT (UNC School of the Arts, Drama Department) 1977-78

UNC SCHOOL OF THE ARTS
Drama Department
1976-79: Bachelor of Fine Arts in Drama
Winston-Salem NC
Recognition of Outstanding Academic Achievement (3.88 GPA)
Entire Freshman year tuition waived & entered as Sophomore
James H. Semans Drama Scholarship
NC State Talent Scholarships. NCSA Foundation Grants
Awarded additional 35% yearly Tuition Reductions

CARNEGIE MELLON UNIVERSITY

College of Humanities and Social Sciences

1975-76: Special Program in Modernism. Playwriting with Leon Katz.

Pittsburgh PA

National Merit Scholarship. CMU Foundation Grant.

CHAPEL HILL HIGH SCHOOL

1972-75: Diploma

Chapel Hill NC

Class Rank: 1st 10th. 3.8 GPA SAT: Verbal 640 Math 690

Member: National Honor Society

Advanced Placement History + English courses

Certificate of Merit: National Merit Scholarship Finalist

LANGUAGES

Working knowledge of French, German + Italian

RESIDENCIES

RENSING CENTER

February 2016: Awarded a Month-long artist's retreat residency for playwriting

Pickens SC

HAMBIDGE CENTER

April 2016: Awarded a two-week artist's retreat residency for playwriting

Rabun Gap GA

3 LEGGED RACE

2001: Two-week residency. Puppetry & Object Theater Festival production.

Minneapolis MN

Object Theater piece: "Love, Loss, and What I Wore"

adapted from the book by Ilene Beckerman

LINCOLN CENTER THEATER DIRECTORS LAB

1995, 1996, 1997 & 1999: Two week residences at Lincoln Center Theater for directing.

New York NY

HORIZONS SCHOOL & 7 STAGES THEATER

1994: Playwright in Residence at private Middle School

Atlanta GA

Workshop of REPORT ON THE RAINFOREST: Original play with elementary + middle school students, professional actors + puppetry.

Performance at 7 Stages Theater

COTTAGES AT HEDGEBROOK

1993: Month-long writers colony residency for playwriting. Awarded travel scholarship.
Whidbey Island WA

UNC SCHOOL OF THE ARTS

1989: Guest Artist

Winston-Salem NC

Performed in "Road to Mecca" and taught Alexander technique to pre-professional program

GRANTS (Funded)

PARKINSON'S FOUNDATION MOVING DAY® COMMUNITY GRANT

2017-18: Partnering with Poise: AT-based classes for care partners of people living with Parkinson's disease

To design and deliver a ten week Alexander technique course for care partners of people living with Parkinson's disease at six sites across North Carolina. Also partially funds a University of Idaho IRB approved research study to collect and analyze quantitative and qualitative data.

\$25,000

NC ARTIST FELLOWSHIP FOR PLAYWRITING

2015-16: Playwriting.

Only playwright awarded for two-year granting cycle.

\$10,000

WESTERN NORTH CAROLINA HEALTHY KIDS GRANT

2015: Cognition & Movement program for elementary school children

Asheville NC, Hall Fletcher Elementary School

Residency with one K, 1st + 2nd grade & their teachers with goal to enhance learning at at-risk elementary school using adaptive Alexander technique based strategies

Pre- and Post-assessment surveys were administered to measure outcomes

\$1000

DANCING IN THE STREETS

1995: Grant for site-specific performance - The Grandmother's Information Project

New York NY

\$1000

LOWER MANHATTAN CULTURAL COUNCIL & NY DEPARTMENT OF CULTURAL AFFAIRS

1989: Manhattan Community Arts Fund Grant for new play development

\$500

GRANTS (Not funded)

MICHAEL J. FOX FOUNDATION

2016: Therapeutic Pipeline Project (pre-proposal)

Alexander technique and exercise for Parkinson's disease motor symptoms

\$641,753 direct costs (Rajal Cohen PI)

NORTH CAROLINA ARTS COUNCIL

2016-17: Mary B. Regan Community Artist Residency

Proposal to create a theater training program in Charlotte NC integrating neurologically disabled and able-bodied actors culminating in a public production

\$12,500

NORTH CAROLINA ARTS COUNCIL & ASHEVILLE AREA ARTS COUNCIL

2015-16: Regional Artist Project Grant (RAPG)

Funds for a month-long writers retreat from mid-January to mid-February 2016 to complete a working script for new play.

\$1200

ASHEVILLE AREA ARTS COUNCIL

2015: Asheville Art in the Park Grant

Proposal for a week of Korean traditional arts with two free outdoor public performances

\$4450

NORTH CAROLINA ARTS COUNCIL and ASHEVILLE AREA ARTS COUNCIL Regional Artist Project Grant (RAPG) 2014-15

For audio equipment to set up a home studio and to produce live field recordings of diverse human voices onsite.

\$1200

CITY OF ASHEVILLE

2011: "smART space" Artist in Residency Program

90-day temporary artistic use of raw space at 190 Broadway

Proposed project: The Kindness of Strangers: A Temporary Welcome

- To celebrate, honor, and justify the historically transient status of the artist in society
- To embody a new connotation of "Southern Hospitality", one that might deepen the audience/artist relationship
- To give the public a practical means to measure and understand the labor-intensive nature of creating an art object or performance.

\$1500 stipend and 24-hour access to raw space

TEACHING EXPERIENCE

APPALACHIAN STATE UNIVERSITY, Hayes School of Music
2011-12: Adjunct Professor - Alexander Technique courses to Music Majors
Boone NC

LEGACY DANCE COMPANY
2012: Butoh dance & Alexander technique workshops - Guest Artist
Asheville NC

NY STUDIO OF STAGE & SCREEN
2011-12: Alexander technique classes for actors
Asheville NC

THE STELLA ADLER STUDIO OF ASHEVILLE
2011: Shakespare classes for actors
Asheville NC

ST. PETER'S COLLEGE
1997-98: Guest Theater Director - directed two full productions
Jersey City NJ

BARNARD COLLEGE
1992: Mask & Movement for actors
New York NY

THE ATLANTIC THEATER SCHOOL
1991: Alexander technique for actors
New York NY

CIRCLE IN THE SQUARE/NYU
1991: Movement for actors
New York NY

THE NEW SCHOOL
1990: Alexander technique for adults
New York NY

FIELDSTON PERFORMING ARTS INSTITUTE
1990: Acting for private High School students
New York NY

PROFESSIONAL DEVELOPMENT LEADERSHIP

"Working with People living with Parkinson's"
Constructive Teaching Centre, London UK (October 2016)

"The Poise Project: Making AT Available to New Populations"
ATI AGM, London UK (October 2016)

"Working with Children and Youth"
ATI AGM, Philadelphia PA (October 2015)

"21st Century Job Creation for AT Teachers and Trainees"
10th International Congress of the F.M. Alexander Technique
Limerick Ireland (August 2015)

"Job Creation for AT Teachers and Trainees"
ATI AGM, Boulder CO (October 2011)

DIRECTOR

EVISCERAL: OR STRANGE FISH (Broadway)
by Jaye Austin-Williams
2002: Brave New World: American Theater Responds to 9/11 Town Hall

A FINE ROMANCE (Off Broadway)
by Carson Kreitzer
2001: Women's Project Tandem Acts

THE INNOCENT MISTRESS (College)
by Mary Pix (Restoration Comedy)
1997: St. Peter's College, Jersey City NJ

A NEW LOOK AT MOSS HART'S LIGHT UP THE SKY (Off Off Broadway)
by Moss Hart
1997: Lightning Strikes Theatre

BLOOD ON BLOOD (London & Off Off Broadway)
by Rebecca Ranson
1992: London New Play Festival (Winner Best New Play)
1992: Theaterworkers @ the Cubiculo

LIVERPOOL FANTASY (Off Broadway)
by Larry Kirwan
1986: Theaterworkers @ CHARAS

DRAMATURG & NEW PLAY DEVELOPMENT

Dramaturgical & Directorial support in development of original scripts with playwrights

Daphne Greaves

DAY OF THE KINGS @ Puerto Rican Traveling Theater NYC (2000)
SHADE @ The Lark Theater (1999) KILLING TIME @ The Lark Theater (1998)
THE AFRICAN GROVE Radio Drama aired on National Public Radio (1998)

Robert Anderson

THE X-COMMUNICATED New Community @ The Irish Arts Centre NYC (1989)
LADY LAND @ La Galleria of La Mama ETC NYC (1996)
REVA'S LAST LIFE DAY @ NY Theater Workshop Mondays @ 3 (1993)

George Larkin

DEAD LAWYERS @ The Lark Theater NYC (2002)

Tim Sheridan

EVERY MAN A KING @ NY Theater Workshop Mondays @ 3 (1998)

Patti Chambers

THE CRAB PIECE Off Off Broadway - Saltwater Theater @ One Dream (1995)

Nick Searcy

REV JIMMY LEE CURTIS HOUR OF AWESOME POWER (1988-1990)
Created a concept, script, and branded character in New York City and Los Angeles

Lee Myers

MOTHS @ The New Community & NY Theater Workshop Mondays @ 3 (1988)

Janet Noble

KISS THE BLARNEY STONE Off Off Broadway - The Irish Arts Centre NYC (1987)

Kate Lacy

FOREVER, BOSWELL Musical @ The Landing Theatre, Southport NY (1986)

PLAYWRIGHT

WE REAVING: THE TORN CLOTH Full length play for 2 actors (3 hours)

2014-16: Adapted from the correspondence of Denise Levertov and Robert Duncan. Available for premiere. Developed in residencies at Black Mountain College Writers Conference, Rensing Center, and Hambidge Center

RUMMAGE One act play for 2 actors (45 min)

Abstract Portrait in Black N White of Asheville NC. Available for premiere.

LOVE, LOSS, AND WHAT I WORE One act play for 1 actor (30 min)

Adapted from the book by Ilene Beckerman.

2000: Produced at Women's Project NYC and Brooklyn Arts Exchange Brooklyn NY

2001: Produced by 3 Legged Dog Object Theater Festival Minneapolis MN

ORPHAN OPERA OR IN THE RED ROOM Chamber musical for 6 actors

Based on Jane Eyre . Music by Irish rock musician Pierce Turner

1997: Lincoln Center Theater Directors Lab musical collaborations

A HISTORY OF EDUCATION + CULTURE IN THE STATE OF NORTH CAROLINA

Full-length satirical docudrama for 2 actors. Based on contemporary and historical texts.

1996: Produced by Lincoln Center Theater Directors Lab Salon Series

THAT'S ALL SHE WROTE Full-length play for 9 actors

Inspired by Carolyn Heilbrun's Writing a Woman's Life

1992: Produced Off Off Broadway by Women's Workshop @ Michael Carson Productions

BUTOH DANCE TRAINING

Post WW2 avant garde Japanese improvisatory dance form

Akaji Maro & Dairakudakan, Tadashi Endo, Yoshito Ohno, Yukio Waguri, Ko Murobushi, Daisuke Yoshimoto, Natsu Nakajima, Atsushi Takenouchi, Yuko Kaseki, Akira Kasai, Mari Osanai, Imre Thorman, Julie Becton-Gillum, Vanessa Skantz, Momo Freehill, Nicole Legette

BUTOH DANCE - ORIGINAL CHOREOGRAPHY

KINETIC ORIGINS (trio)

2017: with 12 year old girl and 40 year old woman

Video Dance piece created for video in response to Zola Marcus art exhibit

Black Mountain College Museum + Arts Center

BYE BYE (duet)

2014: With 9-year old girl

Asheville Butoh Festival

BUTOH-FU: A DANCE OF LISTENING (duet with passersby)
Asheville NC, New York City
2014-16: Intimate street performance.
Passersby are invited to dance in imagination to Butoh texts

EXCURSUS (ensemble)
2012: Large outdoor site dance
Ensemble collaboration with Sara Baird and Julie Becton-Gillum
Asheville Butoh Festival & Black Mountain College Museum {RE} Happening

PARTICLE HANAMI (solo)
2011 + 2012
Asheville Butoh Festival

NO EAST (NO W)EST No Separation in the Between Space (duet)
2010: Collaboration with Korean-American community of Flushing NY.
New York NY, Performance Space 122

DANCE AT KONPAKU: FOURTH BEND IN THE RIVER (solo)
2009
NY Butoh kan Festival, CAVE artspace

NO WHERE (NO W)HEN (solo)
2008
New Artists Festival, CAVE artspace

PROFESSIONAL CONFERENCES

Carolinas Healthcare Systems Integrative Healthcare Summit (2017 Charlotte NC)
Breakout Session: "A New Member of the Interdisciplinary Care Team: The Skilled Patient" - Alexander technique (AT) training for patient self-regulation with long-term retention of benefits

Alexander Technique Congresses

1st International Congress of the F.M. Alexander Technique
(1987, Stony Brook, NY, USA)

2nd International Congress of the F.M. Alexander Technique
(1989, Brighton UK)

10th International Congress of the F.M. Alexander Technique
(2015, Limerick, Ireland - Workshop Presenter)

1st International Alexander Teacher's Convention
(2013, Dublin Ireland)

2nd International Alexander Teacher's Convention
(2017, Dublin Ireland - Will be attending as a plenary presenter this April)

ANNUAL MEETINGS

NASTAT (1997, Purchase NY)
ATI (2009, Cape Cod MA)
ATI (2010, Madrid Spain)
ATI (2011, Boulder CO - Workshop Presenter)
AmSAT (2012, NY NY)
ATI (2015, Philadelphia PA - Workshop Presenter)
ATI (2016, London UK - Workshop Presenter)

PUBLICATIONS

RESEARCH ABSTRACTS

4th World Parkinson Congress, Portland OR, September 2016

Presenting Author

"Alexander Technique for Parkinson's: An initiative of The Poise Project"

[Journal of Parkinson's Disease](#), vol. 6, no. s1, 2016

Abstracts of the 4th World Parkinson Congress, Care Delivery & Quality of Life. Self-management, empowerment, coping strategies. P21.08. (p 122)

Co-Author

"Thinking in action: Alexander technique for Parkinson's disease"

[Journal of Parkinson's Disease](#), vol. 6, no. s1, 2016. Abstracts of the 4th World Parkinson

Congress, Care Delivery & Quality of Life. Self-management, empowerment, coping strategies. P21.05 (p 121)

Co-Author

"Community-based Alexander technique programming designed and delivered by Parkinson's patient"

[Journal of Parkinson's Disease](#), vol. 6, no. s1, 2016. Abstracts of the 4th World Parkinson

Congress. Living With Parkinson's: Public education or awareness programs. P38.11 (p 233)

Co-Author

"Long-term effectiveness of Alexander technique lessons for managing symptoms of Parkinson's disease: Case studies"

[Journal of Parkinson's Disease](#), vol. 6, no. s1, 2016. Abstracts of the 4th World Parkinson

Congress. Living With Parkinson's: Living well with PD. P40.20 (p 243-244)

ARTICLES

["A 12 Step Programme for 21st Century Job Creation for Alexander Technique Teachers and Trainees"](#) Papers of the 10th International Congress of the F.M. Alexander Technique at the University of Limerick, Ireland, The Congress Papers: Empowering Humanity, Inspiring Science, published by The Society of Teachers of the Alexander Technique, UK (STAT Books 2016).

<http://bit.ly/CongressPaper>

"The Poise Project - Poised for Our Second Year: Building on Success" AmSAT Journal, Issue No. 12, Fall 2017 published by American Society for the Alexander Technique.
<http://bit.ly/PoiseProjectArticleAmSATJournal>