

AMY WARD BRIMMER, M.A.

Director, Way Opens Wellness, LLC

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Summary:

I have investigated body-mind methods and spiritual disciplines since childhood. I practice and teach mindfulness through movement (Alexander Technique and Qigong), and through Vipassana meditation. I am a member of the Religious Society of Friends (Quaker). I am a bodyworker and energy healer, an experienced childbirth educator and doula, and I write regularly on these subjects and more. My skills as an editor and administrator have been honed at faith-based non-profit organizations, and through more than 30 years as an entrepreneur in private practice.

My work is centered on providing support for personal and social transformation, and all my endeavors have a core goal of learning and teaching self-awareness and social responsibility.

Experience – Movement, Healing, and Wellness:

1995 – present	Alexander Technique teacher in private practice New York City, Philadelphia, and Bucks County, PA
2011 – present	Qigong Instructor Pendle Hill Conference Center (PA), Villanova University (PA), Medicine in Balance (Langhorne, PA)
2015 – present	Mindfulness-Based Stress Reduction (MBSR), Qualified Teacher George School – Fall 2017, Winter 2018 Way Opens Wellness – Fall 2018 Airmid Wellness – Winter 2019 Holy Redeemer Hospital – Spring 2019 Koru Real Wellness – Summer 2019
2014 – present	Vipassana (Insight) Meditation Instructor , Philadelphia region
2018 – present	“Awake & Aligned” workshop creator/teacher , various locations
2013 – 2017	“Moving Into Mindfulness” workshop creator/teacher Friends General Conference (2014, 2015, 2016, 2017), Pendle Hill Conference Center, Philadelphia School of Massage & Bodywork, various locations
1999 – 2003	Alexander Instructor , Brooklyn College MFA Acting Program
1997 – 1999	Alexander Instructor , Yale School of Music, MFA Opera Program

1998 – 1999 **Guest Movement Instructor**, Hartt Conservatory Acting Program
2000 – 2009 **Childbirth Educator**
Elizabeth Seton Birth Center (NYC), Realbirth (NYC), Bryn Mawr
Birth Center (PA), Child, Home & Community (PA)
1997 – 2003 **Birth and Postpartum Doula in private practice**
New York City

Education:

New York University, Master of Arts, Performance Studies, 1985

College of St. Benedict (Minnesota), Bachelor of Arts, Theater and Psychology, 1981

Trainings and Certifications:

Qualified Teacher of MBSR, Center for Mindfulness (Univ. of Massachusetts, Wooster), 2016

Certified Teaching Member, Alexander Technique International, 1997

Teacher Certification in Alexander Technique, Alan Katz Studio (New York, NY), 1995

Teacher Certification, Childbirth Education Association of Metropolitan NY, 2001

Doula Apprenticeship and Training, Niara Healing Arts (New York, NY), 1996-97

Qigong (Shibashi form), Training Workshops with Franz Moeckel, (Philadelphia), 2010 – present

Foundations in Buddhist Contemplative Care, NY Zen Center for Contemplative Care, Koshin

Paley Ellison and Robert Chodo Campbell, September 2014 – May 2015

Somatic Experiencing for Alternative Care Providers, The Crossings (Silver Spring, MD), Alaine

Duncan, October 2010

Wise Speech: A Workshop on Mindful Communication, Oren Jay Sofer, Cambridge Insight

Meditation Society, November 2018

Say What You Mean: 12-week Online Course, Oren Jay Sofer, January – April 2019

Real Love: 6-week Online Course, Sharon Salzberg, July 22 – August 26, 2019