

## **Carol J. McAmis**

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### **EDUCATION**

M.M. in Vocal Performance University of Kansas, Lawrence, Kansas 1972-74

B.M. in Piano Performance, Minor in Voice, with Highest Distinction, University of Kansas, 1968-72.

Feldenkrais Method® Professional Training Program, taught by Senior Feldenkrais Trainer Anat Baniel at the College of St. Elizabeth, Morristown, NJ 1987-91

### **PROFESSIONAL EXPERIENCE**

1992-present Professor of Voice, Ithaca College, Ithaca, New York. Teaching duties: private voice lessons, weekly repertoire class, vocal pedagogy course, *Feldenkrais for Musicians* course (Either the first or the second Feldenkrais course for college credit in the country; 1992-present), supervising independent study projects, The Healthy Musician Workshop (15 years).

1986-1992 Associate Professor of Voice, Ithaca College, Ithaca, New York.

1979-86 Assistant Professor of Voice, Ithaca College, Ithaca, New York

1974-79 Assistant Professor of Music, Manchester College, North Manchester Indiana. Teaching duties: private voice, vocal pedagogy course, private piano, *Musical Styles: Opera, Music Appreciation* course, Humanities core courses: *Art and Ideas, Beauty and Ugliness*, Choir Director (one semester).

1972-74 Assistant Instructor of Voice, University of Kansas, Lawrence, Kansas. Teaching duties: private voice lessons.

1973 Voice Teacher: University of Kansas Band Camp, Lawrence, Kansas (summer)

1971, 1972 Class Piano Teacher, Lawrence Unified School District No. 497, Lawrence, Kansas (summers)

### **PROFESSIONAL MEMBERSHIPS**

1975-present National Association of Teachers of Singing

1972-present Pi Kappa Lambda

1989-91 Student Member of the *Feldenkrais Guild of North America*®

1991-present Guild Certified *Feldenkrais Practitioner*, member of *The Feldenkrais Guild of North America*®.

2005-present Music Teachers' National Association

1980-present Central New York/Finger Lakes Chapter, National Association of Teachers of Singing. First Vice President of the chapter.

## **ADDITIONAL SPECIALIZED TRAINING**

### **Feldenkrais Method® Training**

1987-1991 Feldenkrais Professional Training Program , Morristown, NJ, Senior Trainer, Anat Baniel

### **Advanced Feldenkrais Training**

- 2006 Advanced Practitioner Training, Workshop. Larry Goldfarb, Syracuse, NY  
Working Through the Skeleton, Workshop. David Zemach-Bersin, MA
- 1997 Advanced Training Workshops: Annual Conference of the Feldenkrais Guild of North America®
- 1995 Anatomy for Feldenkrais Practitioners, three-day workshop, Olena Nitefor, Ithaca , NY
- 1993 National Feldenkrais Conference, Sarah Lawrence College, New York City
- 1992 Working with Neurologically Impaired Children, Workshop, Anat Baniel, Montreal, Canada.  
Practices for Practitioners: Beyond Technique, Workshop. Martin Weiner, Santa Fe, NM
- 1991 Clarifying Objectives in a Feldenkrais Lesson. Workshop: Yvan Joly, Montreal, Canada  
Working with the Head, Neck, and Spine. Workshop. Anat Baniel, Morristown, NJ  
From Student to Practitioner. Workshop. Yvan Joly, New York City

### **Musical Professional Development Workshops**

- 2006 Improvisation Workshops with Rhiannon, Ithaca College (additional workshops: 2004, 2002, 2001)
- 1997 Healing with Great Music. Don Campbell, author of *The Mozart Effect*, Omega Institute, Rhinebeck, NY
- 1993 Workshop for Professional Singers. Gary Race, Duane Skrabalak and Jeanne Goddard,
- 1992 Advanced Acting and Audition Techniques for Opera Singers. Five-day workshop. Gary Race, Ithaca, NY
- 1991 Advanced Opera Acting. Gary Race, Ithaca, NY
- 1990 Educational Kinesiology Workshop. Lucy Morganstern, Ithaca College
- 1984-90 **Weekly Operatic Acting Classes with Ithaca Opera Ensemble.** Gary Race, Ithaca
- 1984 The Performer Within. Two-day workshop. Eloise Ristad, New York City
- 1984 Exploring Physical and Psychological Tensions in Performance, Westminster Choir College, Princeton, NJ
- 1983 The Pennsylvania Opera Workshop, Pittsburgh, Pennsylvania.
- 1982 The Business of Singing, University of Maryland.
- 1977 John Wustman Master Classes, University of Michigan
- 1969 Aspen Music Festival, Aspen, Colorado. Piano teacher: Janine Dowis

### **Additional Holistic Training**

- 2003-present Tuning Energy for Health and Healing. Deena Spear, Ithaca, NY
- 1995-96 "Healing with Breath and Tone, Level 1", Self-study course, Institute for Health, Education, and Music, Boulder, CO.  
Healing with Great Music." Don Campbell, Omega Institute
- 1994-95, Yoga study. Various instructors.
- 1995 Trigger point workshop. Finger Lakes School of Massage. Beth Paris, P.T., Ithaca, NY
- 1993 Classes in Modern Dance and Bartenieff Movement Fundamentals, Jeanne Goddard, Wells College
- 1986 Five-week Professional Training in Myotherapy with Bonnie Prudden, founder of this method of bodywork.

## PERFORMING EXPERIENCE

- 2007 “Spirit and Song” , solo faculty recital, Ithaca College, February  
A Mozart Evening, voice faculty concert, Ithaca College, spring
- 2006 Irish Song and Chant Concert with Noirin ni Riain and the Members of the body  
and Spirit Workshop
- 2005 Soprano soloist, Mass of the Children, John Rutter, Ithaca College Chorus  
Guest Artist with The New Violin Family Ensemble, Binghamton and Ithaca
- 2002 Mother Abbess in *The Sound of Music*, Hangar Theatre, Ithaca, NY  
Soprano soloist, Ithaca College Choir Tour of Ireland
- 2000
- 1997 “A Schubert Evening”, voice faculty concert, IC  
Faculty Quartet Concerts “Vocal Music for Four Voices”, Ithaca College,  
Onondaga Community College, Cornell University, Elmira Southside  
High School, Corning Community College  
Bea in world premiere of *A House of Butterflies* by Denes Van Parys and John  
Herring, Ithaca
- 1996 Opera Gala, voice faculty concert, Ithaca College  
Concert with Noirin ni Riain and members of the body and Soul Workshop
- 1995 Faculty Recital with guest soloist Noirin ni Riain, Ithaca College
- 1994 A Concert in the Park: Music of Porter, Gershwin, and Berlin, voice faculty  
*Des Knaben Wunderhorn*, joint recital with Randie Blooding and Karl Paulnakc  
Soprano soloist, Mahler Symphony No. 4, Ithaca College Orchestra  
Frasquita, Bizet’s *Carmen*, Ithaca Opera Association
- 1993 Performances with Ithaca Opera Association: Evening of Opera at the Earlville  
Opera House, Opera Gala  
World premiere: *Love Beyond Time, Beyond Place*, a song cycle composed for  
me by Dana Wilson.
- 1992 Soprano soloist, the Verdi *Requiem*, Ithaca College Centennial Celebration  
“Libera Me, Domine” from the Verdi *Requiem*, NYSSMA Opening Concert
- 1989 Elijah, Mendelssohn, Mid-America Productions, Carnegie Hall, NYC
- 1985 Saint John Passion, Bach, Elmira Symphony
- 1980-1994 **Leading roles with Ithaca Opera Association**  
Mme. Goldentrill, *The Impresario*, Mozart  
The Dew Fairy and Rehearsal Accompanist, *Hansel and Gretel*, Humperdinck  
Countess Almaviva, *The Marriage of Figaro*, Mozart  
Rosalinda, *Die Fledermaus*, Johann Strauss  
Constanze, *Abduction from the Seraglio*, Mozart  
Liebeslieder Singer 1, *A Little Night Music*, Stephen Sondheim  
Suor Angelica, *Suor Angelica*, Puccini  
Cio-cio San, *Madama Butterfly*, Puccini  
Prologue Singer, *Dido and Aeneas*, 1989  
Frasquita, *Carmen*, Bizet
- 1980-present Soloist with Ithaca College Choirs including: Brahms Requiem( also at Cornell),  
Verdi Requiem, Respighi *Laud to the Nativity*, Bach: various cantatas and  
*Magnificat*, Mozart Requiem, Beethoven Ninth Symphony, Mendelssohn *Elijah*  
(at Carnegie Hall), Orff, *Carmina Burana*
- 1980-95 Ithaca Opera Touring Outreach Program
- 1980-present Annual faculty recitals and joint voice faculty concerts, Ithaca College
- 1982-present Soloist, St. Luke Lutheran Church, Ithaca, NY

## WORKSHOPS AND CONFERENCE PRESENTATIONS

### *Feldenkrais Workshops (1989-present)*

“The Vocal Spa”, stress-relief workshop for professional singers in New York City  
June, 2006

The Hitchcock Residency: Four day residency at the University of Minnesota  
teaching Feldenkrais in classes and private lessons to the collaborative piano  
graduate students of Margo Garrett and Karl Paulnack as well as  
presenting introductory Feldenkrais workshops for voice, brass, and string  
majors. September, 2002

“Feldenkrais for Singers”, Irish World Music Center, Limerick, Ireland, 2002

“Feldenkrais for Instrumentalists”, half day workshop for the West Point Military  
Academy Band, West Point, 1996

“Feldenkrais and Singers”, two-day workshop at Tabor College, 1996. Students  
from Tabor, McPherson, Sterling, Fort Hayes State and Bethel Colleges

“Musicians’ Injuries”, Television interview on PBS *Direct Line*, WSKG\_TV,  
Binghamton, NY, 1996

Repertoire and Pedagogy Class Presentations for flute, bassoon, oboe, violin, viola,  
Trumpet, voice, clarinet, and saxophone Rep Classes, Ithaca College,  
Ongoing since 1989

Presentations for Ithaca College Student Organizations, such as SAI, MENC, Music  
Major 101 (time management and performance anxiety workshop for freshmen),  
Ongoing since 1989

### *Feldenkrais Conference Presentations*

National Conference of the Feldenkrais Guild of North America

“Feldenkrais for Singers” and “Using Your Voice in Awareness Through  
Movement® Lessons”, two half-day workshops, 1993

“Vocal Awareness” session at the 1999 Annual Conference

New York Regional Conference

“Developing *The Singer’s PlayBox*”, half-day workshop on using the  
educational principles of the Feldenkrais Method® to develop effective  
practice materials for singers, 2005.

### *Music Conference Presentations*

National Trombone Conference, “Feldenkrais and the Trombone”, 2004

NATS Teaching Interns Workshop, “Introduction to Feldenkrais for Singers”, 2001.

NYSSMA, “The High Play of Creativity: Serious Fun in the Practice Room” with  
Jennifer Haywood, Rochester, NY 2000

SEAMUS Conference, “Feldenkrais for the Electronic Musician”, Ithaca, 1995

National Flute Convention, “The Moving Performer: Feldenkrais and the Flute”,  
Orlando, Florida, 1995

NYSSMA Summer and Winter Conferences, “How Do You Keep Talking All Day?  
Vocal Survival in the Classroom.” Rochester, NY 1995

### *Ithaca College Workshops*

“The Healthy Musician Workshop”, taught annually 1993-present.

“Body and Spirit”, graduate workshop with Noirin ni Riain, 1997 and 2005

“Releasing New Energy into Music Making: Movement Training for Teachers and  
Performers.”, 1992

“Mind, Body, and Performance” graduate workshop with Linda Case and Mary  
Davenport, 1989.

## **PUBLICATIONS**

Two articles for *SensAbility*, a newsletter about the Feldenkrais Method for the general public. “Feldenkrais for Singers”, and “Vocal Awareness and Performance Anxiety.”

*The Singer's PlayBox*, a collection of innovative games and adapted Feldenkrais lessons for more effective practicing. Self-published. Currently in use in a number of public school music programs, private voice studios, and colleges around the country. 2002.