

## **AMANDA HANDEL BIO**

Amanda is well established composer, pianist, singer and teacher with extensive experience. She is a qualified piano teacher with thriving practices at the Penrith Conservatorium and Katoomba. She has also taught harmony, analysis and composition at the University of Western Sydney.

While Amanda's musical life began with classical piano, her knowledge and experience now extends to include jazz, flamenco and Latin American genres. Her long engagement with flamenco encompasses dance and voice. She also leads *Canto Latino Quartet* as vocalist.

Amanda has released two piano-based CDs with both albums receiving excellent SMH reviews and extensive ABC radio airplay. Her music is described as "hauntingly beautiful, creative, cohesive and compositionally advanced", "...engaging and evocative, seductive with a Spanish tinge, and a lot of grit". She has also written many works on commission from various performers and arts organisations for festivals and recordings and some of her music appears in AMEB publications and syllabi.

Over the last decade noticing a change in the nature of her students' needs, Amanda's response was to investigate alternative ways to work with people whose difficulties and desires are not addressed by traditional pedagogy. Being first drawn to the Alexander Technique, Amanda has informally implemented its tenets very successfully in her studio. However, she noticed that many people have difficulties with learning and performing which stem from deeper unconscious obstacles. Amanda has since extended her professional training and practice to include Hypnotherapy and Neuro Linguistic Programming to meet this need. She is now offering individually tailored consultations at PCoM working specifically on Performance Enhancement & Anxiety Management.