**Kristine Hurst-Wajszczuk, D.M.A.**

**Teaching Bio (long)**

As a voice teacher, opera director, and performance coach, Dr. Hurst-Wajszczuk’s mission is to help students assemble a full “toolbox” to discover who they are as vocalists, stage performers, and human beings. Having taught studio voice and directed opera and musical theatre programs for 20 years, her goal is for singers to discover freedom and fearlessness in performance while embracing their unique vocal gifts. Her wellness seminars are designed to help students embrace their full potential by tending to all the building blocks of healthy living, including exercise, nutrition, and mindfulness.

In voice lessons, the focus is on ease, expressiveness, and efficient vocal production, assembling the skills for lifelong healthy singing. Her students have been accepted to Aspen, Utah Festival Opera, and SongFest, and have starred in national Broadway tours such as *A Gentleman’s Guide to Love and Murder.* They have gone on to win Encouragement Awards in the Metropolitan Opera’s Laffont competition, as well as fellowships in graduate programs at Indiana University and the University of Illinois. While students, they regularly win awards; many are now enjoying fulfilling careers in opera management, speech therapy, and in higher education.

Having researched performance anxiety management for two decades, Kristine is a certified mindfulness meditation teacher and personal trainer who integrates those practices in the studio and classroom to empower students. Conference, conservatory, and university workshops have taken her from Las Vegas to Austria, from Philadelphia to Sweden and Hungary. She leads weekly meditation groups through the Arts in Medicine program and the Honors College at UAB and is often invited as the featured presenter for retreats in other schools and colleges within the university.

Kristine’s singing has taken her from Carnegie’s Weill Recital Hall to botanical gardens in Kentucky. Her two solo CDs, released by Centaur and Naxos, were compilations of her two loves: lute song and a world premiere of a commissioned song cycle by Lori Laitman.

A noted stage director, Dr. Hurst-Wajszczuk’s opera productions have won three top awards through the National Opera Association. She is Professor of Voice at the University of Alabama at Birmingham, where she serves as the Associate Dean of the Honors College.