Percussionist Justin Alexander is acclaimed for the versatility and musicality of his playing as well as his commitment and focus as a teacher. He is Associate Professor of Music and Director of Percussion Studies at Virginia Commonwealth University where he has built a successful undergraduate percussion studio. A champion of new music, he has commissioned or premiered over 20 pieces for percussion. He is featured on over 7 recordings, including the Grammy®-nominated album, *Children of Adam*, with the Richmond Symphony Orchestra. He is the creator of *Embodied Time*, a philosophy and methodology of rhythm study that centers vocalization and movement as a means to help musicians improve their rhythm, time, and groove.