

Deborah R. Cohen
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Yoga Teaching:

Current clients:

Brighton HS
Boston Teachers Union School
Cambridge Montessori
Children's Hospital, Adolescent Substance Abuse Program
Harvard University Center for Wellness & Health Communications

Harvard University Graduate School of Education
Jackson Mann Elementary School
Jeremiah E. Burke High School
Wellbridge Fitness Club

Private clients- references available upon request

Previous Clients include:

1998-2011: Great Expectations Pre-School, John D. O'Bryant School of Math & Science, Barefoot Books, Harvard Divinity School, Camp Gan Israel at Chestnut Hill, Arlington High School, Cambridge Montessori School, Harvard Dance Program, Harvard women's swimming and tennis teams, Babson men's and women's tennis teams, Buckingham, Brown & Nichols School, Currier House, Lowell House & Pforzheimer House of Harvard University, Chabad House, Harvard University, Harvard Planning & Allston Initiative, Harvard Graduate School of Design, Harvard Loeb and Nieman Fellows, Harvard Music Department, Radcliffe Fellows, Isis Maternity, Boston Athletic Club, International Benefits Consulting, Sasaki Associates Inc., Harvard Club of Boston, Wang Center YMCA,

Core Yoga in Schools Program:

2010-11

The Core Yoga in Schools Program provides yoga instruction in the Boston public schools. The current schools serviced include the Jeremiah E. Burke School, Brighton High School, the Boston Teachers Union School and the Jackson Mann Elementary School

Core Yoga Teacher Training:

2011

Core Yoga in Schools teacher training Watertown, MA

This is an 18-hr. training for people who want to teach yoga to children.

2002-2006, 2008-10

Core Yoga hatha yoga teacher training Cambridge, MA

Designed curriculum for and led a ten month 200-hr. hatha yoga teacher training program registered with the Yoga Alliance

Yoga Research Studies:

2010-11

Institute for Extraordinary Living, Kripalu Center for Yoga and Health Stockbridge, MA

Team member and lead teacher for Yoga in Schools study at Waltham HS

2009-2010

Tufts-New England Medical Center Boston, MA

Yoga teacher for study of public elementary students with emotional and behavioral difficulties with principal investigator Naomi Steiner, MD

2007-2009

Harvard Medical School and Brigham and Women's Hospital Boston, MA

Project Coordinator for multiple studies on the effect of yoga on children in public elementary schools and high schools with principal Investigator Sat Bir Khalsa, PhD

Qualifications

2007

University of Pennsylvania Graduate School of Arts and Sciences
Masters in Applied Positive Psychology

1992

Harvard University, Graduate School of Education

Masters in Education Specialization: Teaching and Curriculum

1991

Harvard University

Bachelor of Arts, *cum laude* Major: English & American Lit and Language

Hatha Yoga Teacher Certifications:

2011

Let Your Yoga Dance Teacher Training

Stockbridge, MA

2010

Kripalu Center for Yoga and Health

Stockbridge, MA

2001

Swami Vivekananda Yoga Anusandhana Samsthana

Bangalore, India

1996

World Yoga Center

New York, NY

Related Training:

- 2007-2008 **Landmark Education Curriculum for Living** Quincy, MA
- 2007 **Positive Psychology Program for High School Students Training** Philadelphia, PA
- 2007 **Penn Resiliency Project Leader Training, University of Pennsylvania** Philadelphia, PA
- 2007 **Yoga Ed Teacher Training** Babylon, NY
- 2006 **Practicum in Mindfulness-Based Stress Reduction, University of Worcester,** MA
Massachusetts Medical School
- 2005 **Karma Kids Yoga Teacher Training** New York, NY
- 2006 **Anatomy Studies with Tom Alden, chiropractor/ yoga teacher** Watertown, MA
- 2005 **Karma Kids Yoga Teacher Training** New York, NY
- 2004 **Burdenko Water & Sports Therapy Institute** Boston, MA
Burdenko Method Instructor Course Levels I-VI
- 2001 **Mind/Body Institute at Beth Israel Deaconess Medical Center** Boston, MA

Academic Teaching Experience

- 2006, 2008 **Harvard University**, Psychology 1504: Positive Psychology Cambridge, MA
- 2000-2001 **St. Anthony's High School**, English teacher S. Huntington, NY
- 1998-2000 **Twyford Church of England High School**, English teacher London, UK
- 1994-1998 **The Dwight School**, English teacher, Dept Chair 06-08 New York, NY
- 1992-1994 **Horace Greeley High School**, English teacher Chappaqua, NY

Presentations and Workshops

- October, 2011 Boston Public School Wellness Champions 3-hr. Chair Yoga Training
- November, 2011 Teaching Yoga in Schools, MAHPERD State Convention
- January, 2011 The Teaching Initiative Jewbilee 2011: Tools for the Road *Jewish Yoga and Stress-Relief Techniques for Future Leaders*
- November, 2009 University of Herzliya Interdisciplinary Center, Israel *The State of Yoga Research: Approaching the Ready Position* lecture
Yoga for a Positive Psychology workshop
yoga@school 24 hr. teacher training
- November, 2009 MIT, Traditional Medicine Society *The State of Yoga Research lecture and yoga workshop*
- June, 2009 Boston Connects *Yoga workshop for elementary school health coordinators in Boston public school clusters 2 and 5*
- April, 2009 Sage School. *Yoga workshop for students gr. 3-5 presented alongside Faith McClellan's Yoga Dance*
- April, 2009 Watertown Library *Yoga and Meditation for Stress Reduction*
- April, 2009 Lesley University. *Introduction to Positive Psychology*, Psychology club-sponsored talk
- March, 2009 Academy of the Holy Names. *Mind-Body Care in the Classroom* Workshop for students and faculty presentation
- March, 2009 Tantasqua and Union 61 Regional School District's Professional Development Day, Presentation/ Workshop and Institute for teachers working with special needs *Meeting the Needs of Diverse Learner Using Yoga and Mindfulness* presented with Sue Guertin
- Nov., 2008 Waltham High School, *Workshop for PE teachers*
- Oct.-Nov, 2008 Harvard University Center for Wellness. *Peak Performance: The Art of Living*

- Sept., 2008 Monument Mountain High School full faculty meeting. *Introduction to the Kripalu/ Yoga Ed Research Study at Monument Mountain High School: The What and the Why.*
- May, 2008 University of East London Masters Program in Applied Positive Psychology. *Yoga for a Positive Psychology*
- April, 2008 Harvard University, Psychology 1504: Positive Psychology. *Yoga for a Positive Psychology*
- March, 2008 Symposium for Yoga Therapy and Research. *Poster Presentation: A Comparative Study of the Effects of Hatha Yoga and Seated Meditation on Mood Elevation*
- January, 2008 Wellington College Well-Being Conference . *The Practical Benefits of Teaching Yoga and Meditation to School Children*
- March, 2007 Cambridge Health Alliance Physicians Organization, Department of Psychiatry, Harvard Medical School. *Yoga for a Positive Psychology*
- Nov, 2006 Streta Power Yoga Kids *Yoga teacher training workshop*
- May, 2005 Wellesley College Athletic Coaches Workshop. *Yoga and the Principles of Alignment.*
- Nov., 2005 Arlington High School, *Workshop for PE teachers*

Publications

- Cohen, Deborah. (2011). *Core Yoga in Schools Body-Mind Course, Grades 6-12.*
- Cohen, Deborah. (2011). *Core Yoga in Schools K-5 Curriculum.*
- Cohen, Deborah. Van Handel, Deborah. (2011). *Be Yoga Manual.*
- Cohen, Deborah. Illus. Ruth Lieberherr. (2011). *Journey to Inner Space: A Children's Yoga Book.*
- Khalsa, SB, Hickey-Schultz L, Cohen, D., Dteiner, N., Cope S. (2011). Evaluation of the Mental Health Benefits of Yoga in a Secondary School: A Preliminary Randomized Controlled Trial. *Journal of Behavioral Health Services and Research.*
<http://www.ncbi.nlm.nih.gov/pubmed/21647811>
- Cohen, Deborah. (2008). The Yoga Remedy. *Harvard Divinity Bulletin*, 14-16.
- Cohen, Deborah. (2007). A Comparative Study of the Effects of Hatha Yoga and Seated Meditation on Mood Elevation http://repository.upenn.edu/mapp_capstone/8