

Deborah R. Cohen
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Yoga Teaching

Current clients:

Barefoot Books, Concord, MA	International School of Boston
Children's Hospital, Adolescent Substance Abuse Program	Jackson Mann Elementary School
Friends Meeting House	Jeremiah E. Burke High School
Harvard University	Little Home for Wanderers
-Center for Wellness and Health Communication	Wellbridge Fitness Club
	Private clients- references available upon request

Previous Clients include:

1998-2009: 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,

Yoga Teacher Training:

2002-2006, 2008-10 Cambridge MA: **Core Yoga teacher training.** Designed curriculum for and lead a ten month, 200-hr. hatha yoga teacher training program registered with the Yoga Alliance

2010, Watertown, MA: **BeYoga teacher training**
Co-designed with Deborah Van Handel, this is a 24-hr. training for people who want to teach yoga to children.

Yoga Research Studies:

2010, Stockbridge, MA **Institute for Extraordinary Living, Kripalu Center for Yoga and Health**
Team member and head teacher for Yoga in Schools study at the Boston-based school site. Teaching scheduled to begin September 2010.

2009-2010, Boston, MA **Tufts-New England Medical Center**
Yoga teacher for study of public elementary students with emotional and behavioral difficulties with principal investigator Naomi Steiner, MD

2007-2009, various sites, MA **Harvard Medical School and Brigham and Women's Hospital**
Project Coordinator for multiple studies on children in public elementary schools and high schools with principal Investigator Sat Bir Khalsa, PhD

Qualifications

2007, Philadelphia, MA	University of Pennsylvania Graduate School of Arts and Sciences Masters in Applied Positive Psychology
1992, Cambridge, MA	Harvard University, Graduate School of Education Masters in Education Specialization: Teaching and Curriculum
1991, Cambridge, MA	Harvard University Bachelor of Arts, <i>cum laude</i> Major: English & American Lit and Language

Hatha Yoga Teacher Certifications:

2010, Stockbridge, MA	Kripalu Center for Yoga and Health
2001, Bangalore, India	Swami Vivekananda Yoga Anusandhana Samsthana
1996, New York, NY	World Yoga Center

Related Training:

2007-2008, Quincy, MA	Landmark Education Curriculum for Living
2007, Philadelphia, PA	Positive Psychology Program for High School Students Training
2007, Philadelphia, PA	Penn Resiliency Project Leader Training, University of Pennsylvania A life skills initiative for children and adolescents
2007, Babylon, NY	Yoga Ed Teacher Training to teach yoga in school settings

2006, Worcester, MA	Practicum in Mindfulness-Based Stress Reduction, University of Massachusetts Medical School
2006, Watertown, MA	Anatomy Studies with Tom Alden, chiropractor/ yoga teacher
2005, New York, NY	Karma Kids Yoga Teacher Training , children's yoga teacher training
2004, Boston, MA	Burdenko Water & Sports Therapy Institute Burdenko Method Instructor Course, Levels I-VI
2001, Boston, MA	Mind/Body Institute at Beth Israel Deaconess Medical Center

Academic Teaching Experience

University Teaching Fellow 2006, 2008	Harvard University , Psychology 1504: Positive Psychology Non-resident tutor in health and wellness, Pforzheimer House 2006
High School English Teaching 2000-2001, S. Huntington, NY 1998-2000, London, UK 1994-1998, New York, NY 1992-1994, Chappaqua, NY	St. Anthony's High School Twyford Church of England High School The Dwight School , inc. 1996-1998, English Department Chairperson Horace Greeley High School

Presentations and Workshops

November, 2009	University of Herzliya Interdisciplinary Center, Israel <i>The State of Yoga Research: Approaching the Ready Position</i> lecture Yoga for a Positive Psychology workshop yoga@school 24 hr. teacher training
November, 2009	MIT, Traditional Medicine Society <i>The State of Yoga Research lecture and yoga workshop</i>
June, 2009	Boston Connects <i>Yoga workshop for elementary school health coordinators in Boston public school clusters 2 and 5</i>
April, 2009	Sage School. <i>Yoga workshop for students gr. 3-5 presented alongside Faith McClellan's Yoga Dance</i>
April, 2009	Watertown Library <i>Yoga and Meditation for Stress Reduction</i>
April, 2009	Lesley University. <i>Introduction to Positive Psychology</i> , Psychology club-sponsored talk
March, 2009	Academy of the Holy Names. <i>Mind-Body Care in the Classroom</i> 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 <i>Meeting the Needs of Diverse Learner Using Yoga and Mindfulness</i> presented with Sue Guertin
Nov., 2008	Waltham High School, <i>Workshop for PE teachers</i>
Oct.-Nov, 2008	Harvard University Center for Wellness. <i>Peak Performance: The Art of Living</i>
Sept., 2008	Monument Mountain High School full faculty meeting. <i>Introduction to the Kripalu/ Yoga Ed Research Study at Monument Mountain High School: The What and the Why</i>
May, 2008	University of East London Masters Program in Applied Positive Psychology. <i>Yoga for a Positive Psychology</i>
April, 2008	Harvard University, Psychology 1504: Positive Psychology. <i>Yoga for a Positive Psychology</i>
March, 2008	Symposium for Yoga Therapy and Research. <i>Poster Presentation: A Comparative Study of the Effects of Hatha Yoga and Seated Meditation on Mood Elevation</i>

- 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*

Publication

Winter 2008 Harvard Divinity Bulletin *The Yoga Remedy*