

Deborah R. Cohen
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Teaching licenses:

Physical Education 5-12
Health/ Family and Consumer Sciences-all levels

Yoga Teaching:

Current clients:

Yoga Center Minneapolis	One Yoga Studio
Courage Kenny Center	Downtown Minneapolis YMCA
Harvard University Graduate School of Education	Boston Public Schools OTs
Private clients- references available upon request	

Previous Clients include:

1998-2012: Harvard University Center for Wellness & Health Communications Great Expectations Pre-School, Brighton HS, Boston Teachers Union School Jackson Mann Elementary School, John D. O'Bryant School of Math & Science, Barefoot Books, Children's Hospital, Adolescent Substance Abuse Program 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,

Ivy Child International:

2017

Boston Public Schools (BPS) Professional Development Training for Occupational Therapists (OTs)

Part of team of three providing training for over 60 BPS OTs.

2015-2016

Ivy Child International Yoga teacher and Yoga teacher trainer

Designed and ran the Boston Public Schools (BPS) District Yoga Teacher Training PD for 30 BPS teachers, 12 PDPs, year 2; Trained full faculty to teach chair yoga to their students at the Trotter Elementary School, year 4; taught Positive Psychology/ Yoga class to 7th graders through Citizens School after school program; taught high school students at the Jeremiah E. Burke HS; Led large group chair yoga sessions for the BPS Food And Nutrition Department and the BPS Related Services Department (PTs, OTs, speech therapists, adaptive PE teachers, and vision specialists).

2015

Ivy Child International Mindfulness-Based Learning lead teacher, Prospect Hill Charter School, Somerville. Leading team of ten teachers, Developing curriculum, scheduling and supporting the selection of teachers, supporting teachers to teach 24 mindfulness-based learning classes/ week.

Core Yoga in Schools Program:

2010-2015

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

Core Yoga Teacher Training:

2016, 2014

Core Yoga in Schools BPS district teacher training

This is a training for 30 BPS teachers who learn to teach yoga to their students. 12 PDPs.

2011-13 **Core Yoga in Schools teacher training** Watertown, MA
This 24-hr. course provides training to teach yoga to children. K-5 and 6-12 trainings offered separately.

Core Yoga Hatha Yoga Teacher Training:

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:

2012-14 **Boston Public Schools/ Children's Hospital/ Harvard Pediatrics**
Designed AV and most written materials for BPS wellness toolkit for full faculty at pilot high school. Developed PE curriculum. Currently training interested faculty and PE teachers at three additional elementary schools. Principal investigator Kate McLaughlin, PhD.

2010-11 **Institute for Extraordinary Living, Kripalu Center for Stockbridge, MA Yoga and Health**
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

Related Teaching Experience

2011-2012	Kripalu Yoga Center , Certificate in Positive Psychology	Stockbridge, MA
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

- January, 2017 Professional Development Training for Boston Public Schools Occupational Therapists
- June, 2016 Boston Public Schools Related Services Department, Chair Yoga Session for all PTs, OTs, speech therapists, adaptive PE teachers, and vision specialists
- April, 2016 Embodied Positive Psychology Summit, Kripalu Center for Yoga and Health, The Science of Touch: Tangible Happiness
- March, 2016 Boston Public Schools Food and Nutrition Department, Chair Yoga Session
- March, 2015 Prospect Hill Academy Introductory Presentation, Stress Physiology and Mindfulness Based Learning Curriculum
- May, 2014 Boston Public School Wellness Champions Chair Yoga Teacher Training
- April, 2014 Perry Healthy Families Event
- April, 2014 Ivy Child International Yogathon
- May, 2012 Fenway High School Health and Wellness Day-3 yoga sessions
- March, 2012 Boston Center for Youth and Families Girls Summit
Yoga workshop for girls attending
- January, 2012 Boston Public School Physical Education teachers-3 hr. yoga teacher training
- October, 2011 Boston Public School Wellness Champions 3-hr. Chair Yoga Teacher 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

