

Deborah R. Cohen
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Yoga Teaching

Current clients:

Harvard University

-Center for Wellness and Health Communication

-Harvard Divinity School

International School of Boston

Jackson Mann Elementary School

Wellbridge Fitness Club

Private clients- references available upon request

Previous Clients include:

1998-2007: 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 Teacher Training:

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

Yoga Research Studies:

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

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

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

Hatha Yoga Teacher Certifications:

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 *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*

Publication

Winter 2008 Harvard Divinity Bulletin *The Yoga Remedy*