

## Presentations and Workshops

- 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 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 & 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*