

# Workshops and Presentations

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 Learners Using Yoga and Mindfulness* presented with Sue Guertin

November, 2008      Waltham High School, *Workshop for PE teachers*

October-November, 2008      Harvard University Center for Wellness. *Peak Performance: The Art of Living*

September, 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*

November, 2006     Streta Power Yoga Kids *Yoga teacher training workshop*

May, 2005       Wellesley College Athletic Coaches Workshop. *Yoga and the Principles of Alignment*

November, 2005     Arlington High School, *Workshop for PE teachers*