

QUALIFICATIONS AND EDUCATION

2013	Yoga Alliance E-RYT200 (Experienced Registered Yoga Teacher)
2013	Yoga Alliance RPYT (Registered Prenatal Yoga Teacher) 95 hour training: Yoga Garden SF, completed Nov. 2012
2011	Member, International Association of Yoga Therapists
2011	Yoga Alliance (RYT200) (Registered Yoga Teacher, 200 hour) 200 hour Training: Yoga Movement Center, Walnut Creek, CA, completed Feb. 2011
2010	It's Yoga Kids Certification 12 hour Training: It's Yoga Kids, San Francisco, CA, completed Oct. 2010
2010	Teaching English to Speakers of Other Languages Graduate certificate, Anaheim University.
2010	International Childbirth Educators Association Prenatal Fitness Educator Certification
2009	Master of Arts, Comparative Literature, San Francisco State University
2006	Bachelor's of Arts, Comparative Literature, San Francisco State University
2004	Associate of Arts, Liberal Arts, Diablo Valley College
2004	Early Childhood Education Associate Teacher Certificate, Diablo Valley College

YOGA TEACHING EXPERIENCE

Jun. 2013-Present	Upama Yoga: Comparative Yoga Studies Curriculum Designer, Program Director, Primary Faculty	Pleasant Hill, CA
April 2011-Present	Type A Yoga, LLC. Studio Founder & Director Lead Instructor: Prenatal, Beginners, Restorative, Private Yoga Clients (Therapeutics)	Pleasant Hill, CA
Jan. 2011-Apr. 2011	Type A Yoga Mobile Yoga Instructor, Private Lessons	Martinez, CA
Nov. 2011- Dec. 2011	Diablo Valley Boys and Girls Club Kids Yoga Instructor	Martinez, CA
Jun 2010- Dec. 2010	Diablo Valley College Assistant and Substitute Teacher for Wanda Bishop	Pleasant Hill, CA
Jan 2004-Aug 2006	Diablo Valley College Assistant to Wanda Bishop	Pleasant Hill, CA

OTHER TEACHING EXPERIENCE:

Private Tutor. Self employed, Martinez, CA. Duties include: Reviewing essays for content, organization, and style guide compliance. Teaching essay research, writing, and structure. Teaching Latin vocabulary and grammar.	Jul. '10-Apr. '11
Full-Time Instructor, Adjunct Instructor. Heald College, Concord, CA Duties include: Retention management incl. calling absentee students, maintaining both contact and at-risk databases Regularly attending faculty meetings, in-service meetings, student orientations and graduations Updating grade system at 3, 6, and 9 weeks, and finalizing grades within 24 hours of final exams	Jul. '08-Jul. '10

Maintaining weekly office hours and providing additional tutoring assistance to students as needed
 Training of faculty and learning resource center staff in MLA Citation and Usage Guide standards
 Consulting on course curriculum and SLOs to maintain WASC compliance

Courses taught include:

Essential Language Skills (*ENGL10*), Composition and Reading (*ENGL105*), College Composition and Research (*ENGL155*), Principles of Public Speaking (*ENGL212*), Advanced Composition and Critical Thinking (*ENGL255*), Contemporary Literature: Cultural Perspectives (*HUMNS205*), Art, Film, and Media (*ART205*), Success Strategies (*SUCCESS100*), Advertising (*BUSADMN230*), Introduction to Routing Concepts (*INFOTECH270*)

Educational Consultant. Vanguard Education Consulting, hq. in Hilton Head, SC. **Jul. '07-May '08**
 In-home tutoring in SAT test preparation and assorted subjects for high school students.

Teacher. Berkeley Chess School, Berkeley, CA **Sep '04-Jul '08**
 After-school chess instruction in Contra Costa elementary schools, grades K-5, class sizes 10-25.

Teacher's Aide. Vicente Martinez Continuation High School, Martinez, CA **May '05-Sep. '05**
 Assisted in classroom activities, projects, grading, etc., in 10th-12th grade English classes.

Substitute Teacher. Martinez Early Childhood Center, Martinez, CA **Jun '04-Mar '05**
 Emergent curriculum in 15 mo-3 yrs and 3-5 yrs centers.

YOGA CONTINUING EDUCATION

<u>Date</u>	<u>Subject</u>	<u>Teacher</u>	<u>contact/noncontact hours</u>
May 2013	Preparing for Inversions	Judith Hanson Lasater (YogaUOnline)	(0/2)
Jan. 2013	Yoga Journal Conference SF Workshops	see below	(12/0)
	• Intro. to Sanskrit & Chanting of Patanjali's Yoga Sutra	Kate Holcomb	
	• Vinyasa Flow Yoga: Establishing a Strong Foundation	Sean Corne	
	• Intro. to Integrative Restoration: iRest Yoga Nidra	Richard Miller	
	• Therapeutic Benefits of Backbends	Ana Forrest	
	• Injury Prevention and Management in the Classroom	Jason Crandell	
	• Neuroscience and Yoga: How Practice Creates Change	Bo Forbes	
Aug. 2012	Yoga Injuries -- Facts and Fiction Telesummit	see below (YogaUOnline)	
	• Tias Little		
	• Judith Hanson Lasater		
	• Peggy Cappy		
	• Loren Fishman		
	• Julie Gudmestad		
	• Ellen Saltonstall		
	• Timothy McCall		
Jun. 2012	Structuring Your Beginning Class	Judth Hanson Lasater (YogaUOnline)	(0/2)
May-Jun. 2012	Mindfulness Based Stress Reduction	Wendy Beckerman	(24/24)
May 2012	Anatomy in Clay Teacher Workshop	AiC Trainers	(16/0)
Apr. 2012	Yoga Techniques... Depression & Anxiety	Amy Weintraub (YogaUOnline)	(0/2)
Feb. 2012	Teaching Yoga to Beginners	Judith Hanson Lasater (YogaUOnline)	(0/2)
Jul. 2011	Relax and Renew Restorative Training	Judith Hanson Lasater	(24/0)
Mar. 2011	Yoga for Beginners	Jason Crandell	(8/0)
Aug. 2010	Body Awareness Birth Yoga	Donyale Abe	(16/36)

TECHNICAL EXPERIENCE

- Lab Manager, Systems Test QA Engineer*, Netopia, Inc, Alameda, CA **Jun '00-Apr '03**
Ordering, installation, wiring, networking, configuration, upgrading, troubleshooting of, training on and maintaining service contracts on all Lab Equipment including ATM switches, routers, DSLAMS, Voice Gateways and test equipment.
Thorough understanding, test plan writing and testing of all supported broadband, security and routing technologies. Browser testing of web interfaces.
- Network Engineer Level 3/ Jr. Sys Admin*, Value Net, Walnut Creek, CA **Nov '99-Jun '00**
Top tier of technical escalation and responsible for maintaining statewide network, IP allocation, light Unix/NT system administration, training of technical support personnel.
- NOC Level 1 Engineer, Provisioner*. CRL Network Services, San Francisco, CA **Mar '99-Oct '99**
Project management, nationwide T1 and DS3 ordering and installation coordination.
Troubleshooting Nationwide Backbone, Leased Line customers, NAP connectivity, telephony/CLEC issues.

UNIVERSITY AND PROFESSIONAL SERVICE

- Certified exam rater. Educational Testing Services: California English Placement Test, CSU Early Assessment Program, TOEFL Exams. 2010.
- ◆ Curriculum meetings and reporting regarding Humanities SLOs and Benchmarks, 2010.
- ◆ Heald training in Dr. Ruby K. Payne's "A Framework for Understanding Poverty."
- ◆ Writer. MLA training materials for instructors, Learning Resource Center employees and student tutors. 2010.
- ◆ Presenter. "MLA Citation standardization." All-Faculty In-service Meeting. Heald College. 2010.
- ◆ "Success Strategies" course certification training. 2009.
- ◆ Member. English textbook review committee. Heald College. 2009.
- ◆ Organizer, moderator and panelist. "High Tech for the Humanities." Five-person technical seminar, San Francisco State University. 2008.
- ◆ VP of Publishing, Comparative Literature Student Association, San Francisco State University. Aug. 2007 - May 2008.

HONORS/AWARDS

- Phi Sigma Iota International Foreign Language Honor Society 2008
Departmental Honoree, San Francisco State University Comparative Literature Department 2006

PUBLICATIONS AND PRESENTATIONS

"Connecting the Hundred Languages: Pedagogical Similarities and Overlaps in World and Comparative Literature, Reggio Emilia Early Childhood Education, Neurology and Cognition, and Yoga." Pacific Ancient and Modern Language Association Annual Conference. San Diego, Nov. 2013.

"The Dugs of Tiresias: Female Sexuality and Modernist Nationalism in *The Waste Land* and *Les mamelles de Tirésias*." *Controversies in The Waste Land*. Ed. Joe Moffett. Rodopi Press Amsterdam / Atlanta. 2012.

"Eliot, Ovid and Apollinaire: Female Sexuality in 'The Waste Land'." *Litera: Journal of Western Literature*. Vol. 21 No. 2. Department of Western Languages and Literatures at Istanbul University. Istanbul, Turkey, Dec. 2008.

"Translating Traditional Curriculum into Online and Hybrid Environments." *High Tech for the Humanities*. San Francisco State University, San Francisco, CA, May 2008.

"Life as a Shorty Shouldn't Be So Rough: Economic Influence on Gender Roles in Hip-Hop Music." *Hot Metal*

Bridge: The Literary Magazine of the University of Pittsburgh Graduate English Dept. University of Pittsburgh. Pittsburgh, PA, Apr. 2008.

"Frustrated Expectations: Political Turmoil and Impotence Poetry". *2008 Joint Conference of the National Popular Culture and American Culture Associations*. San Francisco, CA, Mar. 2008.

"Ovid's Tiresias in the Waste Land." *28th Annual T.S. Eliot Society Meeting*. St. Louis, MO. Sep. 2007.

"Sexual and Political Impotence in Imperfect Enjoyment Poetry." *Portals: A Journal of Comparative Literature*. Comparative Literature Student Association, San Francisco State University. San Francisco, CA, Jun. 2007.

RESEARCH AND EDITORIAL EXPERIENCE

Senior Editor. *Portals: A Journal of Comparative Literature*. Comparative Literature Student Association, San Francisco State University. Feb. - May 2008.

Editor. *Portals: A Journal of Comparative Literature*. Comparative Literature Student Association, San Francisco State University. Feb. - May 2007.

PROFESSIONAL AFFILIATIONS

Pacific Ancient and Modern Language Association
Yoga Alliance
International Association of Yoga Therapists
Modern Language Association
National Council of Teachers of English
Phi Sigma Iota International Foreign Language Honor Society
T. S. Eliot Society
American Comparative Literature Association
Popular Culture Association

OTHER SKILLS/INTERESTS

Languages: English (fluent), Latin (graduate study), ASL (basic conversational), French (basic), Sanskrit (basic familiarity)

Learning Management Systems: Moodle, Angel, Peoplesoft, iLearn, Blackboard, eCompanion, turnitin.com

Extensive technical knowledge: Linux/FreeBSD system administration (e-mail, web hosting), HTML, some scripting languages, networking engineering and administration, and hardware installation, upgrading and troubleshooting (PC and Mac). Employed in internetworking engineering from 1999-2003.