

Scott A. Anderson

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EDUCATION

2019 – 2023	PhD - Kinesiology, University of Wisconsin – Madison (Dissertation title: <i>The Influence of Mindfulness on Patient-Reported Outcomes Following Hip Preservation Surgery</i> ; dissertation committee chair, Dr. Andrew Watson, University of Wisconsin – Madison, School of Medicine and Public Health, Department of Orthopedics and Rehabilitation)
2020	TeachOnline@UW (Plan & Design and Facilitation & Management Courses)
2016-2019	MS – Kinesiology, University of Wisconsin – Madison (Major Advisor, Dr. Brittany Travers; Thesis - <i>Reducing Physiological Measures of Stress Through Yoga for Individuals on the Autism Spectrum</i>)
2020 – present	Senior Facilitator Training with Tergar Meditation Community
2015-2016	Senior Practice Leader Training with Tergar Meditation Community
2012-2015	Practice Leader Training with Tergar Meditation Community.
2012-2013	Certified Zero Balancing therapeutic bodyworker.
2009 – 2015	Movement Insights Pilates instructor certification (equipment and mat repertoire)
2000-2002	Registered Yoga Teacher YTT-500E by Yoga Alliance
1994-1998	Eischens Yoga Certified
1990-1994	Iyengar Yoga Certified
1985 – 1994	BS-Physics, University of Minnesota – Twin Cities (minor - Mathematics)

EDUCATION IN THE DEI SPACE

2022	UW-Health MBSR Program's <i>Embodied Racial Justice Practice: An Awareness-Building and Accountability Space for White-Identifying People</i>
2022	Jason Gant's <i>Mindfulness in the Black Communities</i>
2019	Mindfulness for the People's <i>Disrupting Systemic Whiteness in the Mindfulness Movement</i>
2019	Nehemiah Institute's <i>Justified Anger</i> program
2018	YWCA – Madison's <i>Racial Justice Summit</i>

CURRENT WORK

2022 – present	Lecturer – University of Wisconsin Center for Healthy Minds
2019 - present	Lecturer – University of Wisconsin Department of Kinesiology
2018 – present	Teaching Assistant – Art and Science of Human Flourishing
2019 – present	Consultant – Healthy Minds Innovations
2018 - present	Tergar Meditation Community – Senior Facilitator
2014 - present	Studio Owner/Instructor, Pilates on Harrison
2012 - present	Pilates instructor

AWARDS AND HONORS

2017	Recipient, <i>Susann G. Doody Graduate Award</i> scholarship, University of Wisconsin – Madison
1992	NARST (National Association for Research in Science Teaching) paper of the year.
1987-1989	University of Minnesota varsity letter winner. Member of track and field team.
1986-1989	All-Academic Big 10 (All-Conference award for academic and athletic success)
1985-1989	Williams Scholar Scholarship Recipient (University of Minnesota Twin Cities Athletic Scholarship)

PUBLICATIONS

- **Anderson, S. A.**, Haraldsdottir, K., & Watson, D. (2021). Mindfulness in Athletes. *Current Sports Medicine Reports*, 20(12), 655-660.
- Atwell, K., Michael, W., Dubey, J., James, S., Martonffy, A., **Anderson, S.**, & Schrager, S. (2021). Diagnosis and management of hypermobility spectrum disorders in primary care. *The Journal of the American Board of Family Medicine*, 34(4), 838-848.
- **Anderson, S.A.** (2019). *Reducing Physiological Measures of Stress Through Yoga for Individuals on the Autism Spectrum*. {Master's thesis, University of Wisconsin – Madison}
- **Anderson, S.A.** (2010) *Alignment Yoga – An Intelligent Approach to Ancient Wisdom*. Blue Mounds Publishing
- Heller, P., Keith, R. and **Anderson, S.** (1992). Teaching problem solving through cooperative grouping, Part 1: Group versus individual problem solving, *American Journal of Physics*, **60**(7), 627-636

CONFERENCES/PRESENTATIONS

- *Error Correction and Coach/Athlete Cues in the High Jump*, Wisconsin Track Coach's Association Annual Clinic, Middleton, WI February 3rd, 2023
 - *Mindfulness and Meditation Training for High School Track and Field Athletes*, Wisconsin Track Coach's Association Annual Clinic, Middleton, WI February 3rd, 2023
 - Poster *Reducing Physiological Measures of Stress through yoga for Individuals on the Autism Spectrum* presented at International Symposium for Autism Research virtually (6/11/20)
 - *Yoga's Benefits for Orthopedic Rehab*, UW Complementary Medicine Fellows June 5th, 2015
 - *Mindful Leadership*, co-managed collaborative event with Professor Richard Davidson, Roshi Joan Halifax and Bill George in October of 2014
 - *Yoga: Evidence and Myths*, UW Grand Rounds April 23rd, 2013
 - *Licensing a New Sector of Schools: The Yoga Experience*, NASASPS (National Association of State Administrators and Supervisors of Private Schools) 2010 Conference, co-presented with Pat Sweeney of the Wisconsin Educational Approval Board
 - *Therapeutic Yoga*, Department of Family Medicine Academic Integrative Medicine fellows (8/7/14)
 - *Therapeutic Applications of Yoga*, University of Minnesota Twin Cities Medical School Complementary Medicine group (1992)
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PROJECTS, ARTISTIC

- Presented in Ossuary; a multimedia presentation at the Herron Gallery at IUPUI (2014)
- Presented in Ossuary; a multimedia presentation at the University of Tennessee Downtown Gallery in Knoxville, TN (2013)
- Presented in Ossuary (<https://ossuaries.wordpress.com/>); a multimedia installation at The Chazen Museum of Art in Madison, WI (2012)
- *Life Dances*, collaborative dance piece with Macalester College faculty member Becky Heist (2004)

PROJECTS, FOR-PROFIT

- Co-founded Pilates on Harrison (2015 to present)
- Owner and Director of Mound Street Yoga Center (2008 - 2019)
- Founder and Director of Blue Mounds Dharma Center (2005 - 2020)
- Founder and Director of Alignment Yoga Travel (tours to India and Nepal, 2010 – 2014)
- Founder and Director of Alignment Yoga Advanced Studies Program (2004 – 2018)
- Founder and Director of Alignment Yoga (2002 – 2018)
- Founder and Director of St. Paul Yoga Center (1993 – 1998)

PROJECTS, NON-PROFIT

- Tergar Meditation Community – Madison, Senior Facilitator (2017 - present) Lead meditation retreats, offer meditation instruction, mentor meditation communities.
- Tergar Meditation Community – Madison, Senior Practice Leader (2015 – present) Teach meditation and give individual interviews.
- Tergar Meditation Community – Madison, Practice Leader (2011 – 2015) Guide meditations and facilitate discussions in large (100+ people) groups.
- President of Tergar-Madison Board of Directors (2012 – 2016) Tergar-Madison meditation group has 4000+ members in the Madison, WI area.
- Co-founded Tergar Meditation Community – Madison (2011) Tergar Meditation Community provides The Joy of Living - a path of meditation practice that can be followed by anyone, regardless of religious or cultural orientation.
- President of YogAutism Board of Directors (2008 - 2014)
- Founded YogAutism (2007) YogAutism is dedicated to improving the lives of those with Autism Spectrum Disorder (ASD) through Yoga.
- The General Store Natural Foods Coop, Board of Directors (1994-1996). Served as Secretary for the Mt. Horeb, WI food coop.

TEACHING EXPERIENCE

- Wisconsin School of Business Undergraduate Staff Self-Care Retreat, Mindfulness Meditation Presentation, University of Wisconsin – Madison, March 2, 2023
- Big 10 Counseling Centers Conference, Mindfulness Meditation Presentation, University of Wisconsin – Madison, February 24, 2023
- Center for Educational Excellence orientation, *Community Well-being Through Training the Mind*, University of Wisconsin – Madison, August 30, 2022
- Lecturer - Psychology 120 – The Art and Science of Human Flourishing, University of Wisconsin – Madison, Summer session 2022
- Art and Science of Human Flourishing Teaching Workshop, teaching workshop for post-secondary educators using UW Center for Healthy Minds curriculum, June 13 - 16, 2022
- Student Personnel Association Annual Meeting, *Using Mindfulness to Uproot Bias*, Madison, WI, April 12, 2022
- Facilitator of hybrid in-person/online meditation retreat, Tergar Madison Meditation Community, Madison, WI, February 19, 2022
- Facilitator of hybrid in-person/online meditation retreat, Tergar Madison Meditation Community, Madison, WI, December 4, 2021
- Mindfulness Presentation for University of Wisconsin – Madison International Learning Community, November 11, 2021
- Art and Science of Human Flourishing Teaching Workshop, online teaching workshop for post-secondary educators using UW Center for Healthy Minds curriculum, June 29 – July 1, 2021
- Facilitator of Joy of Living Level II online retreat, Tergar Madison Meditation Community, Madison, WI, April 7 – May 12, 2021
- Design and deliver mindfulness program for University of Wisconsin Department of Recreation and Wellbeing Peer Wellness Educator Training, Spring Semester 2021
- Facilitator of Joy of Living Level III online retreat, Tergar Madison Meditation Community, Madison, WI, February 3 – March 10, 2021
- Facilitator of Joy of Living Level I online retreat, Tergar Madison Meditation Community, Madison, WI, October 21 – November 25, 2020
- Facilitator of Joy of Living retreat with Khenpo Kunga, Madison, WI, January 3-7, 2020
- Facilitator of Joy of Living Level III retreat, Tergar Madison Meditation Community, Madison, WI, November 23-24, 2019
- Daylong Workshop, Total Body Yoga, Mundelein, IL, October 26th, 2019
- Facilitator of Joy of Living Level I retreat, Tergar Madison Meditation Community, Madison, WI, October 19-20, 2019
- *Yoga, Endocannabinoids and Wellbeing*, An exploration of a potential mechanism in Yoga's continued popularity, Blue Mounds Movement Lab, Blue Mounds, WI, August 16-18, 2019
- Weekend Workshop, Eugene Yoga, Eugene, OR, June 28-30, 2019

- *The Steadiness in Cultivating Vitality*, An exploration of meditation and movement, Blue Mounds Movement Lab, Blue Mounds, WI, June 21-23, 2019
- Facilitator of Joy of Living Level II retreat, Tergar Madison Meditation Community, Madison, WI, April 4-5, 2019
- Daylong Workshop, Total Body Yoga, Mundelein, IL, March 9th, 2019
- Kinesiology 523 – Clinical Exercise Testing and Training, University of Wisconsin – Madison, Spring semester 2019
- Facilitator of Joy of Living Level I retreat, Tergar Madison Meditation Community, Madison, WI, November 3-4, 2018
- *Yoga, Cardiac Control and Well-being*, Blue Mounds Dharma Center, Blue Mounds, WI, August 24-26, 2018
- Weekend Workshop, Eugene Yoga, Eugene, OR, June 29th – July 1st, 2018
- *The Six Foundations of Yoga*, An exploration of Alignment Yoga's *Three Fundamentals* and *Three Salient Points*, Blue Mounds Dharma Center, Blue Mounds, WI, June 22-24, 2018
- Facilitator at Joy of Living retreat with Yongey Mingyur Rinpoche, St. Paul, MN, June 1-5, 2018
- Presentation for Occupational Therapy MS students, University of Wisconsin - Madison, *Joint Laxity and Clinical Practice*, April 5th, 2018
- *Movement, The Body and Consciousness*, Mound Street Yoga Center, September 17th 2017
- *Crestone Retreat*. Led and taught a 5-day meditation and Yoga retreat at the Crestone Mountain Zen Center in Crestone, CO, July 17-23, 2017
- *Yoga and Aerobic Fitness - Blue Mounds Dharma Center Summer Retreat*, June 23-25, 2017. An exploration of how aerobic fitness complements yoga practice
- *Joint Laxity and Yoga*, Mound Street Yoga Center, May 21st 2017
- *Yoga for Neck and Shoulders*, Mound Street Yoga Center, April 23rd 2017
- Friday Forum (UW Dance Dept), *Joint Laxity and Anxiety*, March 10th 2017
- *Aerobic Fitness 101*, Mound Street Yoga Center, March 5th 2017
- *Yoga Resistance and Freedom*, Mound Street Yoga Center, February 19th 2017
- *Joy of Living Level I*, assisted program with Tergar Senior Instructor Myoshin Kelly, Online Course, October 5 – December 4, 2016
- *Crestone Retreat*. Led and taught a 5-day meditation and Yoga retreat at the Crestone Mountain Zen Center in Crestone, CO, July 18 - 24, 2016
- *Yoga and Aerobic Fitness - Blue Mounds Dharma Center Summer Retreat*, June 24-26, 2016. An exploration of how aerobic fitness complements yoga practice.
- Weekend Workshop, Eugene Yoga, Eugene, OR, April 16 - 18, 2016
- *Pilates for Yoga Practitioners* and *Yoga for Optimal Weight* workshops, taught at The Monroe Art Center, Monroe, WI, April 10th, 2016
- *Winter Regenesis*, Led and taught a Yoga retreat in Zihuatenejo, Mexico, March 20 - 26, 2016

- *Joy of Living Level II*, assisted program with Tergar Senior Instructor Cortland Dahl, Madison Tergar Meditation Community, Madison, WI, March 11 – 13, 2016
- *Joy of Living Level I*, assisted program with Tergar Senior Instructor Myoshin Kelly, Minneapolis Tergar Meditation Community, Minneapolis, MN, February 18th – 20th, 2016
- *PE 2.0 – An Integration of Mindfulness, Yoga and Fitness*, Mound Street Yoga Center, Madison, WI, January 30th, 2016
- Day-Long Workshop, Eugene Yoga, Eugene, OR, January 10th, 2016
- Workshop at Yoga Center of Eau Claire, Eau Claire, WI, December 19th, 2015
- *Pilates for Yoga Practitioners* and *The Science of Yoga* workshops, taught at The Galena Art Center, Galena, IL, October 18th, 2015
- *PE 2.0 – An Integration of Mindfulness, Yoga and Fitness*. September 14-18, 2015, Madison, WI
- Workshop at Tula Yoga, St. Paul, MN September 12, 2015
- *PE 2.0 – An Integration of Mindfulness, Yoga and Fitness*, Eugene Yoga, Eugene, OR, May 28, 2015
- *Yoga and Aerobic Fitness - Blue Mounds Dharma Center Summer Retreat*, June 19-21, 2015. An exploration of how aerobic fitness complements yoga practice.
- *Crestone Retreat*. Led and taught a 5-day meditation and Yoga retreat at the Crestone Mountain Zen Center in Crestone, CO, July 13-19, 2015
- *Yoga, Food Sensitivity and Stress* at Dubuque Yoga Festival, Dubuque, IA, May 2, 2015
- *Winter Regenesis*, Led and taught a Yoga retreat in Maui, HI, March 30-April 4, 2015
- *PE 2.0 – An Integration of Mindfulness, Yoga and Fitness*, Yoga Center of Eau Claire, Eau Claire, WI, December 14, 2014
- Yoga Workshop, Tula Yoga, St. Paul, MN, December 13, 2014
- Weekend Workshop, Eugene Yoga, Eugene, OR, November 7-9, 2014
- Yoga Workshop, The Infinity Studio, Monroe, WI, October 12, 2014
- Yoga Workshop, Tula Yoga, St. Paul, MN, September 20-21, 2014
- *Transitions and the State of Yoga, Blue Mounds Dharma Center Fall Retreat*, September 5-7, 2014
- *Yoga – Inner Applications for Dancers*, CNDC Centre National de Danse Contemporaine D'Angers, Angers, France, July 7, 2014
- *The Yoga Treatise of Dattatreya - Blue Mounds Dharma Center Summer Retreat*, June 25-29, 2014. A retreat to explore the practices outlined by the yogi Dattatreya.
- Weekend Workshop, Eugene Yoga, Eugene, OR, April 11-13, 2014
- *Winter Regenesis*, Led and taught a Yoga retreat in Zihuatenejo, Mexico, March 16-20, 2014
- *Yoga – Therapeutic Applications*, Bodhgaya, India 2014. Worked with monastic population addressing various orthopedic problems.

- *Yoga – Therapeutic Applications*, Sera Jey Monastery, Bylakuppe, India 2014. Worked with monastic population addressing various postural problems.
- Workshop at YCEC, December 8, 2013
- Weekend Workshop, Eugene Yoga, Eugene, OR, November 15-17, 2013
- *Introduction to Alignment Yoga* at Westbeth Artists Community, Greenwich Village, NYC, September 7-8, 2013
- *The Spiral Fascia Line – Blue Mounds Dharma Center Summer Retreat*, June 26-30, 2013. An exploration of how spiral patterns in the body can relate to postural pathology.
- Yoga Instructor at Tergar International *Nature of Mind Retreat*, Collegeville, MN May 30-June 5, 2013
- Yoga Workshop, Galena Yoga Center, Galena, IL April 28, 2013
- *Winter Regenesi*s. Led and taught a Yoga retreat in Maui, HI, March 2013
- Weekend Workshop, Eugene Yoga, Eugene, OR, February 15-17, 2013
- Yoga Workshop, Tuckahoe Family YMCA, Richmond, VA October 2-4, 2012
- Blue Mounds Dharma Center Fall Retreat, September 21-23, 2012
- *Fascia – The Superficial Back Line. - Blue Mounds Dharma Center Summer Retreat*, June 27- July 1, 2012. An exploration of how tension patterns in the back of the body can relate to postural pathology.
- *Alignment Yoga and Zero Balancing, a Perfect Complement*, presented at Zero Balancing Health Association National Conference, Chicago, IL, June 22, 2012
- Yoga Instructor at Tergar-International *Nature of Mind Retreat*, Collegeville, MN June 3-13, 2012
- Yoga Workshop, Yoga Center of Eau Claire, Eau Claire, WI, May 6, 2012
- *Winter Regenesi*s. Led and taught a Yoga retreat in Maui, HI, March 6-10, 2012
- *Blue Mounds Dharma Center Fall Retreat*, September 30- October 2, 2011
- Yoga Workshop, Richmond, VA September 24-25, 2011
- *Breathing and the Autonomic Nervous System - Blue Mounds Dharma Center Summer Retreat*, June 15-19, 2011. An exploration of how various breathing practices can impact the ANS.
- Yoga Instructor at Tergar-International *Nature of Mind Retreat*, Collegeville, MN, May 22-June 11, 2011
- *Blue Mounds Dharma Center Spring Retreat*, April 15-17, 2011
- *Winter Regenesi*s. Led and taught Yoga retreat in Maui, HI, March 1-6, 2011
- *Introduction to Alignment Yoga*, Santa Fe, NM, February 25-26, 2011
- *Blue Mounds Dharma Center Fall Retreat*, September 17-19, 2010
- *Yoga for Athletes*, Mound Street Yoga Center, June 12, 2010
- Yoga Workshop, Yoga Center of Eau Claire, Eau Claire, WI, April 18, 2010
- *Blue Mounds Dharma Center Fall Retreat*, September 9-12, 2009
- *Blue Mounds Dharma Center Summer Retreat*, June 24-28, 2009
- Yoga Workshop, Galena Yoga Center, April 19, 2009

- *Winter Regenesis*. Led and taught a Yoga retreat in Maui, HI, March 2010
- *Blue Mounds Dharma Center Winter Retreat*, January 14-16, 2010
- *Blue Mounds Dharma Center Holiday Retreat*, December 4-6, 2009
- Yoga Workshop, Yoga Center of Eau Claire, Eau Claire, WI, November 8, 2009
- Yoga Workshop, Galena Yoga Center, Galena, IL, November 1, 2009
- Yoga Workshop, Yoga Center of Eau Claire, Eau Claire, WI, April 5, 2009
- *Winter Regenesis*. Led and taught a Yoga retreat in Maui, HI, March 12-15, 2009
- *Blue Mounds Dharma Center Winter Retreat*, January 16-18, 2009
- Yoga Workshop, Galena Yoga Center, Galena, IL, November 16, 2008
- *Blue Mounds Dharma Center Fall Retreat*, November 7-9, 2008
- Yoga Workshop, St. Paul Yoga Center, September 7, 2008
- *Blue Mounds Dharma Center Fall Retreat*, August 8-10, 2008
- Yoga Workshop, St. Paul Yoga Center, St. Paul, MN, April 19-21, 2008
- *Alignment Yoga Basics*. Redwood City, CA April 11-13, 2008
- *Blue Mounds Dharma Center Summer Retreat*, July 16-20, 2008
- Yoga Workshop, Galena, IL June 8, 2008
- Lead Instructor at Mound Street Yoga Center 2008-2019
- Yoga Workshop, Yoga Center of Eau Claire, April 6, 2008
- *Winter Regenesis*. Led and taught a Yoga retreat in Maui, HI, February 12-17, 2008
- *Blue Mounds Dharma Center Winter Retreat*, January 18-20, 2008
- *Blue Mounds Dharma Center Summer Retreat*, July 18-22, 2007
- Yoga Workshop, St. Paul Yoga Center, St. Paul, MN, July 1, 2007
- Yoga Workshop, Baraboo Yoga Center, Baraboo, WI, April 29th, 2007
- *Blue Mounds Dharma Center Spring Retreat*, April 18-22, 2007
- *Blue Mounds Dharma Center Fall Retreat*, November 17-19, 2006
- Yoga Workshop, Galena Yoga Center, Galena, IL November 5, 2006
- *Blue Mounds Dharma Center Fall Retreat*, September 6-10, 2006
- Lead Instructor at Blue Mounds Dharma Center 2006-2020
- *Blue Mounds Dharma Center Summer Retreat*, June 7-11, 2006
- YogAutism Workshops. Training OT and PT audiences in the YogAutism protocol.
 - Eugene, OR 2014
 - Eau Claire, WI 2009
 - Dubuque, IA 2009
 - Madison, WI 2008-2013
 - Portland, OR 2007
 - Seattle, WA 2007
 - Maui, HI 2007
 - Dublin, Ireland 2007
 - Chicago, IL 2006
 - Long Island, NY 2006
 - Miami, FL 2006
 - Beverly Hills, CA 2006

- *Blue Mounds Dharma Center Fall Retreat*, November 16-20, 2005
 - *Inaugural Class and Keynote Speech*, Grand opening of Galena Yoga Center, July 23rd, 2005
 - Alignment Yoga Advanced Studies Program; developed and delivered Yoga Alliance certified curriculum to train teachers in teaching individual sessions (YTT-500) 2005-2018
 - *Yoga for Windsurfers*. Cape Hatteras, NC. April 2005
 - *Blue Mounds Dharma Center Winter Retreat*, February 17-19, 2005
 - Alignment Yoga Advanced Studies Program; developed and delivered Yoga Alliance certified curriculum to train teachers in teaching group classes (YTT-200) 2003-2018
 - Monthly workshops at St. Paul Yoga Center 1999-2006. Traveled monthly from Madison to St. Paul to offer continuing education to St. Paul Yoga Center students, faculty and staff.
 - Yoga Workshop, Zenith Center for the Arts, Tucson, AZ 1999
 - Fall Training Clinic, Michigan Technological University, Houghton, MI *Yoga for Nordic Skiers* Thanksgiving weekend, 1998
 - Co-taught teacher-training course at Temple of Kriya Yoga, Chicago, IL, Summer 1996
 - Co-taught teacher-training course at Ferndale Yoga, Ferndale, MI, Summer 1996
 - Co-taught teacher-training course at Neahtawanta Inn, Traverse City, MI, Summer 1996
 - Co-taught teacher-training course at Sheboygan Yoga Center, Sheboygan, WI, Summer 1996
 - *Yoga and Biking*. Led and taught a 5-day residential retreat at Cress Spring Farm, Blue Mounds, WI 1995
 - *Yoga in Paradise*. Co-taught a yoga retreat in Puerto Moreles, Mexico with William Prottengeier 1993
 - Lead Instructor at St. Paul Yoga Center 1993-1998
 - Yoga Teacher at The Marsh, Minnetonka, MN 1992-1994
 - Yoga Teacher at The Sweatshop St. Paul, MN 1992-1993
 - Yoga Teacher for Tucson Parks and Recreation, 1992
 - Yoga Teacher at Zenith Center, Tucson, AZ 1992
 - In-Service Training at Canyon Ranch Resort 1992. Trained yoga teaching staff at Canyon Ranch Resort in alignment best-practices.
 - Yoga Teacher at University of Minnesota Twin Cities Dance Department 1990-1992
 - Yoga Teacher at Minneapolis Yoga Workshop 1989-1994
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YOGA (STUDIO) TEACHING

- 2008 – 2019. Owner and Director of Mound Street Yoga Center. Responsibilities included managing Madison, Wisconsin's oldest yoga school, teaching weekly yoga classes and teaching individual therapeutic yoga sessions.
- 2007 – 2012. Director of YogAutism. YogAutism is a non-profit foundation that offers low-cost/no-cost yoga instruction to those on the Autism spectrum.
- 2005 – 2020. Owner and Director of the Blue Mounds Movement Lab. Responsibilities include teaching weekly Movement Lab classes, teaching individual therapeutic movement sessions and facilitating multi-day retreats.
- 1996 – 2005. Independent yoga teacher. Responsibilities include organizing teaching programs at various locations, developing future programs, teaching weekly yoga classes and individual therapeutic yoga sessions.
- 1993 – 1996. Director and Lead Instructor of the St. Paul Yoga Center. Responsibilities include teaching weekly yoga classes and teaching individual therapeutic yoga sessions.
- 1989 – 1993. Independent yoga teacher. Taught in a variety of settings including the Minneapolis Yoga Workshop, The Marsh, The Sweatshop and the University of Minnesota Department of Dance.

YOGA CENTER MANAGEMENT

- 2005 – 2020. Director of the Blue Mounds Movement Lab. Responsibilities included program design and development, management of staff (teaching, administrative and maintenance), bookkeeping, budgeting, promotions and strategic planning.
- 2005 – 2019. Director of Mound Street Yoga Center. Responsibilities included program design and development, management of staff (teaching, administrative and maintenance), bookkeeping, budgeting, promotions and strategic planning.
- 1993 – 1996 Director of the St. Paul Yoga Center. Responsibilities include program design and development, management of staff (teaching, administrative and maintenance), bookkeeping, budgeting, promotions and strategic planning.

YOGA SCHOOL DIRECTOR

- 2003 – 2018. Director of the Alignment Yoga Advanced Studies Program. Responsibilities include program design and implementation, compliance with state regulations, course design and strategic planning.