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Contributors

Dominic Addison, Psych.D. (Psychology Practitioner's Doctorate), completed his degree in Psychotherapeutic and Counseling Psychology in October 2001 at the University of Surrey, Guildford, United Kingdom. He works full time as a Counseling Psychologist in primary care (general practice, alongside physicians) for St. George's and South West London National Health Service Trust (i.e., The U.K. National Health Service). His therapeutic practice is integrative, in the sense that he draws from a variety of theories and methods to shape his therapeutic work—although, if pushed, he would say that he works primarily from a cognitive stance. As an undergraduate he majored in Psychology at the University of Aberdeen, Scotland, and also studied Western and Eastern Philosophy, reflecting a long-standing interest in cross-cultural fertilization. He has traveled extensively and lived in Europe, North America, and Asia.

Jane Carlsen, B.A., obtained her bachelor's degree in English from Vassar College. She began teaching Yoga in 1995. She has apprenticed with Julie Lawrence for one year and completed a teacher-training program at Julie Lawrence Yoga Center in 1999. In 2000 she completed the Anatomy in Asana program taught by Julie Gudmestad (certified Iyengar teacher and P.T.) and took Eric Small's weekend workshop on Yoga for MS. Her ongoing studies in Yoga are with Julie Lawrence, Felicity Green, and other certified senior Iyengar teachers.

Staffan Elgelid is a certified Feldenkrais® teacher, massage therapist, and physical therapist. He is an assistant professor in the Clarke College Physical Therapy Program in Dubuque, Iowa. In addition to teaching, he organizes workshops on awareness, dynamic anatomy, creativity, and learning for both individuals and organizations.

Ada-Reva Franklin, R.N., M.S.N., R.Y.T., is a nurse educator and certified Yoga teacher. She is currently developing Yoga-based educational programs that address the needs of the chronically ill.

Ruth St. C. Gilmore, B.Sc., Ph.D., has for many years taught anatomy at the Queen's University of Belfast, U.K. She is responsible for the anatomy and physiology programs of the Yoga Biomedical Trust's Yoga Therapy Diploma Course in London and is a regular columnist for *Yoga and Health*. Ruth provides regular classes and Yoga therapy sessions at her studio in Belfast, as well as presents workshops and contributes to national and international training courses.

Patricia M. Hansen, M.A., R.Y.T., Certified Ayurvedic Consultant, has been teaching Yoga for 34 years. Her teachers include Adeline Morris, Swami Satchidananda, and Yogi Bhajan. She is a founding member and past president of Yoga Teachers of Colorado and Unity in Yoga International, president emeritus of Yoga Alliance, a founding member of the International Association of Yoga Therapists, and a member of the International Yoga Teachers Association. Patricia completed her certification in Ayurveda with Dr. Vasant Lad in 1989–1990. She was cofounder of Rocky Mountain Institutes of Yoga and Ayurveda, is a founding member of Sanga, and is a national and international teacher.

Dea Jacobson, R.Sc.P. (Religious Science Practitioner) and Yoga instructor, is the director of Blue Heron Yoga in Cedaredge, Colorado. She holds a Colorado State Department of Education credential in Occupational Fitness and Wellness Instruction and is a member of the International Association of Yoga Therapists. Prior to becoming a Yoga instructor, she spent ten years as an aide, office manager, and director for two members of the U.S. Congress and Senate. She has studied Hatha-Yoga, primarily in the Iyengar tradition, for over twenty years and has been teaching for six. She was licensed as a practitioner of Religious Science in 1995, following four years of study, and this training in mental science is an inherent part of her Yoga practice. She has been most influenced by the teachings of Paramahansa Yogananda, the *Yoga-Sûtra* of Patanjali, and by the teachings of Angela Farmer, Judith Lasater, Donna Farhi, Elise

Miller, T. K. V. Desikachar, Nischala Devi, and Eric Schiffmann. Her body has been her best teacher and guide. The still, small voice within is her *guru*.

Molly Kenny, M.S.-C.C.C., speech-language pathologist, is the founder and director of S.E.L.F. Educational Consulting and Speech-Pathology Services and of The Samarya Center for Integrated Movement Therapy™ and Ashtanga Yoga. She holds a master's degree in speech and language pathology and has more than ten years of experience in working with adults and children with neurological, developmental, and learning disabilities. Molly has been practicing Ashtanga Yoga since 1996 and has been teaching Ashtanga and gentle restorative Yoga since spring of 2000. She is a certified Yoga teacher and is a member of the International Association of Yoga Therapists. She has studied Yoga with many esteemed teachers including Sri K. Pattabhi Jois and Tim Miller. In addition to her work at The Samarya Center, Molly volunteers her time to teach recovery Yoga to adults facing life challenges and runs an after-school Yoga club for homeless children. Special thanks to Stephanie Hager, M.S.W., my friend and partner, without whom this program would not be possible.

John Kepner, M.A., M.B.A., is an economist and Yoga teacher in Little Rock, Arkansas. He holds an instructor diploma from the American Viniyoga Institute in Hawai'i and a teaching certification from A. G. Mohan of Chennai, India. John often lectures on Yoga and Yoga Therapy for local allopathic institutions and co-taught the 2002 course on Complementary and Alternative Medicine at the University of Arkansas Medical School.

Shirley Kishiyama, M.A., obtained her master's degree in Interdisciplinary Science from Oregon State University, which combined Biochemistry and Biophysics, Cognitive Psychology, and Physiological Psychology. She has worked in the field of Cognitive Neuroscience for 8 years. She is

listed as author on 11 scientific papers and abstracts and also has written for newspapers, poetry journals, and anthologies.

Hansa Knox, B.S., L.M.T., R.Y.T., a 19-year Yoga student, believes that the body is the Silent Communicator of the Spirit. Utilizing Yoga, *yoga-cikitsā*, massage, and homeopathy as avenues to facilitate Spirit connection, she is the proprietor of Gentle Touch, Body, Mind and Spirit Connection. She teaches Yoga, including a Contemplative Hatha-Yoga Teacher Training program in Denver. She also teaches for Rocky Mountain Institute of Yoga and Ayurveda and the American Yoga College. She is cofounder of Sanga, a nonprofit educational Yoga center. Hansa has served as president of Yoga Teachers of Colorado and currently serves on the board of Kripalu Center and Yoga Alliance.

Julie Lawrence, B.S., director of the Julie Lawrence Yoga Center in Portland, Oregon, has been practicing Yoga for 34 years and has been teaching throughout the United States and internationally for 25 years. Julie holds her B.S. in Psychology. She has served as a member of the board of the B. K. S. Iyengar Yoga National Association of the United States and served as chair of the B. K. S. Iyengar Yoga National Association of the United States Medical Research and Yoga Therapeutics committee from 1994–1998. In 1989, Ms. Lawrence, in collaboration with W. E. Connor, M.D., and S. L. Connor, M.S., R.D., at OHSU, designed and conducted two studies of Yoga practitioners: “Rates of Illness and Eating Habits of Yoga Practitioners” and “Psychosocial Characteristics of Yoga Practitioners.”

Joseph Le Page, M.A., is the founder and director of Integrative Yoga Therapy (IYT). His approach to teaching has been influenced by Kripalu Yoga and TriYoga, as well as studies in India where he lived for two years. He has visited more than 100 countries studying ancient ways of wisdom and varied approaches to understanding humanity's eternal questions. While completing his master's degree in education he focused on experiential education and later saw that these principles of creative, student-centered learning could be applied to the teaching of Yoga. He also has studied in depth various indigenous healing methods in depth, including Hawaiian healing and bodywork. IYT was formed in 1994 based on insights gained through his world travel,

his study of Yoga, his experiences in the healing arts, and a vision of how to bring these together in a comprehensive and creative educational program.

Rajvi Mehta, Ph.D., holds her doctorate in Reproductive Physiology. She has been a student of Yogacharya B. K. S. Iyengar since 1979 and has been teaching Iyengar Yoga since 1987. She is also the editor of *Yoga Rahasya*, the quarterly publication of the Ramamani Iyengar Memorial Yoga Institute, India.

Barbara Newborn, M.A., C.R.C., at the age of 21, two weeks after graduating from college as a speech English teacher, suffered a devastating stroke that paralyzed her right side and caused her to experience a global loss of language. Now, nearly 30 years later, she works as a lecturer and a certified private rehabilitation therapist for families and individuals with disabilities, specializing in therapeutic Yoga practices. She is presently chief of staff for the National Stroke Medical Educational Institute. Her latest achievement is publishing her book *Return to Ithaca*, which explores the life-affirming journey of self-discovery.

Barry Oken, M.D., is professor in the Departments of Neurology and Behavioral Neuroscience at the Oregon Health & Science University. Dr. Oken is also the Medical Director of the Clinical Neurophysiology Department at the Oregon Health & Science University. Dr. Oken's research interests include cognitive changes related to aging, Alzheimer's disease, and drugs, as well as complementary and alternative medicine therapies for neurological disorders. Dr. Oken has published over 70 articles, abstracts, and book chapters in these areas. Dr. Oken is also director of the Oregon center for CAM in Neurological Disorders whose mission is to facilitate research and education on the effectiveness and mechanisms of action of complementary and alternative medicine therapies in the treatment of neurological disorders. This center receives most of the funds for its activities through a grant from the NIH—National Centers for Complementary and Alternative Medicine (NCCAM).

Libby Robold, B.S., M.A., is an Integrative Arts Therapist at New Campus School, a special education facility for children with emotional impairment. In 1991 she trade-

marked *Breathercise®*, a therapeutic style of Yoga for children and adults. Libby has been a classroom teacher since 1969 and a Yoga teacher since 1985, teaching preschool through college level as well as adult students. She has trained teachers and is a Phoenix Rising Yoga Therapist and a member of YREC/IAYT. She is certified in Life Space Crisis Intervention for Youth in Crisis. With her co-teaching husband, she has recently opened Yoga for Health Education, Center for Conscious Living, in Traverse City, Michigan. The Center specializes in classes, workshops, retreats, and the Yoga of eating.

Eric Small, M.F.A., obtained his master's degree from the Otis Art Institute and has taught at U.C. Berkeley and in the Los Angeles Public Schools. He has taught Yoga for 35 years and has been a certified senior Iyengar teacher for 26 years. He conducts workshops throughout the United States and Europe. He serves on many boards of trustees, including Cedars-Sinai Hospital and City of Hope Hospital. He is in the MS Hall of Fame for his Adaptive Yoga Program.

Victoria Strohmeier is a fourth generation Colorado native who has a B.A. from the University of Northern Colorado/University of Madrid and is a Johnson & Johnson-Wharton Fellow at the Wharton School at the University of Pennsylvania. She currently directs the YOGA Rx™ Yoga studio in Steamboat Springs, Colorado. In addition to training in many styles of Yoga, she is certified both as a Yoga teacher and as a Holistic Health Educator through the Kripalu Center for Yoga and Health in Lenox, Massachusetts. She holds certifications in Phoenix Rising Yoga Therapy, Thai Yoga Massage, EMDR, and Cranial Sacral Therapy. She is featured in the book and video *Yoga Vacations—A Guide to International Yoga Retreats*.

Dan Zajdel is a 23-year resident of the Portland area where he has been assisting research at OHSU for the past seven years. He is educated in Psychology and the Humanities and specializes in experimental methods in human cognitive research.