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## Contributors

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**Raphael Bernier, Ph.C.**, is a doctoral candidate at the University of Washington in the Child Clinical Psychology Department. After receiving a bachelor of science degree at Tufts University and a master of science degree at the University of Wisconsin-Madison, Raphael worked as a child and family therapist for many years before returning to school to complete a Ph.D. His current research focus is on the neurobiology of autism with publication credits that include the *Journal of Autism and Developmental Disorders*, *American Journal of Medical Genetics*, and *Developmental Neuropsychology*, among others.

**Sally E. Blank, Ph.D.**, is an Associate Professor of Exercise Science and director of the Program in Health Sci-

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**Chase Bossart, B.A.**, is a Yoga teacher in Santa Barbara, California, where he is completing his master's thesis in Religious Studies at the University of California at Santa Barbara. He has been a personal student of T. K. V. Desikachar since 1991 and has spent a total of three years living in Chennai, India, studying at the Krishnamacharya Yoga Mandiram (KYM). He currently teaches Yoga privately, gives international workshops on Yoga theory and practice, and serves as a peer reviewer for the *International Journal of Yoga Therapy*.

**Liz Bragdon, M.A.**, received her B.A. in Russian Language and Russian Studies from Baylor University. She spent the following two years living and working in Moscow, Russia, before returning to the United States to continue her education at Tulane University, where she received her M.A. in History. Liz has been practicing Yoga for seventeen years and teaching Yoga for the past two years. She is a student of Kausthub Desikachar and served as editor on his most recent book, *The Yoga of the Yogi: The Legacy of T Krishnamacharya*.

**Lila Crutchfield, R.N., N.P., C.Y.T.**, is a nurse practitioner and has worked for the Preventive Medicine Research Institute (PMRI) since 1998. She received her B.A. in English from Stanford University, her R.N. degree from the University of California at San Francisco, and her nurse practitioner degree from San Jose State University. Prior to coming to PMRI, she worked for many years as a clinician providing women's health care, specializing in the needs of adolescents. During this time she also pursued her lifelong interest in Yoga by becoming certified as an Integral Yoga instructor. She subsequently became active in the Teacher Training Program of the Integral Yoga Institute and was for several years the primary trainer for new teachers. More recently she has combined her nursing and Yoga expertise in the development and implementation of the anatomy and physiology portion of teacher training. During her time at PMRI Lila has functioned as the Director of Stress Management, as well as a nurse case manager and a project director.

**Carey DeMartini, M.A.**, is a mental health counselor with a specialization in art therapy. Upon graduation from Antioch University, Carey joined The Samarya Center in Seattle, Washington, as a student in its six-month intensive Integration Movement Therapy™ (IMT) certification program. She participated in the chanting research project as a part of her course of study. She is now practicing at a community health center in the Seattle area, using IMT as an integral part of her approach.

**Kausthub Desikachar, M.S., M.M.S.**, is the son and student of T. K. V.

Desikachar and began studying Yoga at the age of nine. After completing his dual master's degree in economics and management, he committed himself to becoming a full-time student and teacher of Yoga. In addition to coauthoring two books with his father, *Vedic Chant Companion* and *The Viniyoga of Yoga*, he has authored a book on teaching Yoga to children that was published in French. Kausthub is the chief executive of the Krishnamacharya Yoga Mandiram (KYM), where he is a Senior Teacher and Yoga Therapy Consultant. He is also a patron of the British Wheel of Yoga and an advisor to the International Association of Yoga Therapists. He is currently working on his Ph.D. in the Psychology Department of Madras University and conducting research on the role of Yoga in enhancing quality of life. Kausthub lives in India and is actively involved in social causes that take Yoga to the socially and economically underprivileged.

**Heidi Feldman, M.D., Ph.D.**, is a Developmental-Behavioral Pediatrician at Children's Hospital of Pittsburgh and a Professor of Pediatrics at the University of Pittsburgh School of Medicine. She provides clinical care and conducts research on pediatric developmental disabilities and behavioral disorders. After many years of Pilates and occasional Yoga classes, she began a serious practice of Hatha-Yoga and Ashtanga Yoga in 1999 with Angelique Sneed in Pittsburgh, Pennsylvania, and then studied Ashtanga Yoga with Hamish Hendry while on sabbatical in London in 2001. In 2004, she completed a Yoga teacher training course at the Kripalu Center for Yoga and Health in Lennox, Massachusetts. She currently teaches children, adults, and families at School House Yoga in Pittsburgh and teaches children and adults with medical conditions throughout the Pittsburgh area.

**Janice Gates, R.Y.T.**, is founding director of the Yoga Garden in San Anselmo, California, where she offers continuing education for Yoga professionals. She is a board member of the International Association of Yoga Therapists, teaches at Spirit Rock Meditation Center, and has a private practice in Yoga therapy.

**Mel Haberman, Ph.D.**, is a Professor and Associate Dean for Research and Institutional Outcomes at the College of Nursing at Washington State University, and his research focuses on the quality of life of cancer survivors. Dr. Haberman has consulted nationally and internationally on qualitative research methods, mechanisms for multisite nursing research, and the state-of-the-science of health-related quality of life research.

**Molly Kenny, M.S. C.C.C.-S.L.P., C.Y.T.**, is a nationally recognized innovator, researcher, and educator in the field of Yoga-based therapy, and one of the nation's leading experts in neurophysiology and Yoga. She is a licensed speech-language pathologist and certified Yoga instructor, and she is co-founder and director of The Samarya Center for Integrated Movement Therapy™ and Ashtanga Yoga in Seattle, Washington.

**John Kepner, M.A., M.B.A.**, is executive director of the International Association of Yoga Therapists. He is also a practicing Yoga teacher and therapist in Little Rock, Arkansas. John holds Yoga therapist and Yoga instructor certifications from the American Viniyoga Institute in Hawai'i and a teacher certification from A. G. Mohan of Chennai, India. His graduate degrees are in economics and business, with an emphasis in finance. John has written several policy articles for IAYT publications and tracks the treatment of Yoga in the evolving complementary

and alternative health care policy arena. He often lectures on Yoga and Yoga therapy at allopathic institutions.

**Jacqueline Kittel, B.S., O.T.R./L., R.Y.T.**, began teaching Yoga in 1994. She currently studies with many leading Iyengar instructors, and her primary teacher is Janice Vien. Jacqueline received a bachelor of science degree in Occupational Therapy from the University of Pittsburgh in 1986 and has 12 years of experience as an occupational therapist working with a wide variety of patient populations. She also is a 2-year breast cancer survivor.

**Lori Newell, M.A.**, holds a master's degree in Health Science with a concentration in pain and stress management from Norwich University. She is a certified health and fitness instructor through the American College of Sports Medicine and a certified Yoga instructor. She has over 20 years of experience and specialized training in working with individuals living with chronic pain and illness and with post-rehabilitative needs. She owns and operates The Sacred Space Health Center Inc. in Harwichport, Massachusetts, and recently published *The Book of Exercise and Yoga for Those with Parkinson's Disease: Using Movement and Meditation to Help Manage Symptoms*.

**Libby Robold, M.A., R.Y.T.**, is an Integrative Arts Therapist at New Campus School, a special education facility for children with emotional impairment. In 1991, she trademarked 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 trains teachers and is a Phoenix Rising Yoga Therapist. Libby specializes in Yoga therapeutics

and with her husband operates Yoga for Health Education, Center for Conscious Living in Traverse City, Michigan. Libby also writes the Yoga Medicine column for Michigan's *Healing Garden Journal*.

**Beth Roth, M.S.N.**, is a bilingual family nurse practitioner and mindfulness-based stress reduction (MBSR) teacher in Connecticut. She received her bachelor's degree from Hampshire College in Amherst, Massachusetts, and her master's degree in Nursing from Yale University. She worked for 11 years providing primary health care to inner city patients in Connecticut. In 1992 and 1993 she trained with Jon Kabat-Zinn, Ph.D., founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center in Worcester. In 1993 she founded an MBSR program at the Community Health Center in Meriden, Connecticut, for English- and Spanish-speaking inner city patients with chronic medical and mental health problems and life-threatening illnesses. She is currently teaching MBSR in English and Spanish at the

Community Health Center sites in Middletown, New Britain, and Meriden. She does consulting work and conference presentations for hospitals, health centers, community organizations, schools, and universities about the benefits of mindfulness meditation for children, educators, patients, and health care and mental health professionals. She has been teaching MBSR as an elective course for graduate students at Yale University since 1993 and has published numerous descriptive and research articles about her work (a list of her publications is available at [www.newhavenwe.com/bethroth](http://www.newhavenwe.com/bethroth)).

**Robin L. Rothenberg, C.Y.T.**, is director of The Yoga Barn and a Certified Yoga Therapist in the Viniyoga tradition with 17 years experience teaching in a therapeutic milieu. She also is a Certified Iyengar Yoga Teacher and taught in this tradition for ten years. She currently teaches three weekly therapeutic classes and conducts private therapy sessions with those suffering from a wide range of physical and psychological ailments. She is well versed in Yoga philosophy

and uses Eastern wisdom to lend guidance and light to her students. Robin leads retreats and is available for private consultations, and is currently assisting Gary Kraftsow of the American Viniyoga Institute in his 2005–2006 Therapist Training Program.

**Karen J. Sherman, Ph.D., M.P.H.**, is an epidemiologist and a scientific investigator at Group Health's Center for Health Studies where she conducts clinical research on complementary and alternative medicine. She is also a longtime practitioner of Raja-Yoga.

**Matthew J. Taylor, M.P.T., R.Y.T.**, is a licensed physical therapist, a Yoga therapist, and founder of Dynamic Systems Rehabilitation in Scottsdale, Arizona. He is a leader in applying integrative medicine principles in the field of rehabilitation, including contributing the chapter on Yoga therapy in the first textbook on complementary therapies in rehabilitation. He provides continuing professional medical education seminars and workshops across the country.