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Yoga Room Berkley

Harborside Healing Center

Therapeutic Yoga with Jim Stockton

Yoga Therapy Education

Yoga Teacher Training (2003) - special topics include:

- Seniors
- Special Needs / Disabilities
- Scoliosis

Yoga and PTSD

- Researched psychotherapeutic approaches to find yoga parallels
- Esalen Intensive "Trauma & the Body" with Bessel van Der Kolk & Peter Levine
- Veterans Yoga Project - intensive training for yoga teachers

Center for Special Problems, SF Dept. of Public Health (2006-2010)

Worked with a team of Psychologists, Psychiatrists, and Therapists, integrating Yoga into the Trauma Dept. Invited by the staff Nurse to co-teach a summer "Pre-Trauma Therapy" class for incoming clients - and worked with Psychologist Peter Goetz on a special group around "dissociation" (schizophrenia).

Yoga Therapy Client Contact Experience

Gardua Healing - founding director, Berkeley CA - 2004-current

Starting workshop for Repetitive Stress Injuries (carpal tunnel, etc) around 2000 or so . . . working in a variety of settings: classes, work-place groups and retreats, and privately. During this time, I became a "company" to facilitate private lessons and contracting work.

Harborside - Healing Center yoga program founder – 2006-current

Along with a team offering integrative healing services, I organized the Yoga Therapy program for the Healing Center at Harborside, a medical marijuana dispensary in Oakland. I see a wide range of people dealing with pain issues (back aches, neuropathy, pain killer addiction, anxiety, MS, trauma, PTSD, spinal issues from mild scoliosis to diagnosis of long-term decay - and of course car accidents of all types).

Center for Special Problems - yoga program founder, San Francisco – 2006-current

I began seeing Trauma clients in a mental health clinic with a strong therapeutic container - both in a group setting and one-on-one sessions. When the clinic closed, I begin to offer workshops for yoga teachers to understand Trauma better.

Education

BA (1983) Williams Collage	majored in Physics
Masters (2000) UC Berkeley	Geography
The Yoga Room Berkeley (2003)	Yoga Teacher Credential
The Cyprus Institute (1998)	Massage Certification

Specialized Yoga Education

Yin Yoga intensive training with Sarah Powers and Paul Grilley (2003)

Intensives and silent retreats with Tias Little (2004, 2005, 2008, 2012, 2017)

Yoga Nidra training with Richard Miller (2004)

Trauma and the Body (Bessel van der Kolk, Peter Levine) Esalen Intensive Weekend (2007)

Mindful Training for Depression - Lee Lipp, PhD, SF Dept of Public Health 8-week training (2008)

Mindful Resilience for Trauma Recovery Yoga Teacher Training - continuing education, with Veterans Yoga Project (2017)

Publications and presentations

Presentation on “Yoga Skills for Repetitive Stress Injuries” at the Stanford Computer Research Center (2005)

SYTR Presentation “Fukushima Disaster - Yoga community’s response to Public Trauma” (2011)