

STEFFANY MOONAZ

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EDUCATION

Johns Hopkins University, Ph.D., Public Health, 2005-2010

Dissertation: *"Examining the Safety, Feasibility, and Efficacy of Yoga for Persons with Arthritis"*

University of Maryland at College Park, M.F.A. in Dance, 2000-2003

Thesis: *"Don't Just Sit There: Dancing Away the Mind-Body Problem"*

Oberlin College, B.A., Biology, Dance, Pre-Medicine, 1995-1999

Thesis: *"Shall We Dance?: The Constructive and Destructive Effects of Dance on the Physical, Mental, and Spiritual Self"*

ADDITIONAL CERTIFICATIONS

International Association of Yoga Therapists

C-IAYT, 2017, Yoga Therapy Credentialing

Yama Therapeutics

RYT-500, 2010, Yoga Therapy Training

Satchidananda Ashram

RYT-200, 2003, Basic Integral Yoga Teacher Training

Laban/Bartenieff Institute for Movement Studies, C.M.A., Movement Analysis, 2003

Final Project: *"Analysis of Paneurythmy, A Bulgarian Spiritual Dance Ritual"*

ACADEMIC POSITIONS

Maryland University of Integrative Health

Laurel, MD

Director of Clinical and Academic Research, Department of Research, 2017-present:

- Develop, support, and teach research literacy and evidence-informed practice coursework across the curriculum at both Masters and Doctoral levels
- Provide faculty development in research literacy and research skills
- Engage in institution-initiated and investigator-initiated research in integrative health
- Build the capacity for clinical trials, observational research, and secondary data analysis in the MUIH Natural Care Center
- Forge research collaborations with regional research universities, integrative health universities, and international research teams
- Mentor junior faculty in developing research skills and writing for peer-review
- Offer an annual Research Symposium for faculty, students, and alumni
- Work to expand institutional research capacity and infrastructure
- Serve as advisor for institutional matters related to data collection and analysis

Assistant Director of Academic Research, Department of Academic Research, 2016 to 2017:

- Co-developed short/long term plans for establishing research literacy institution-wide
- Co-developed short/long term plans for building research infrastructure and capacity

- Forged relationships with local research universities for collaboration on integrative health research
- Serving as Principal Investigator on a feasibility study to implement widespread data collection in the university's student clinic
- Serving as Chairperson and Liaison for remote site offering of NIH "Introduction to Principles and Practices of Clinical Research Course"

Associate Director, Department of Integrative Health Sciences, 2014 to 2016:

- Recruited/hired faculty for basic science courses delivered to integrative health students
- Developed research literacy and science writing courses
- Mentored junior faculty in scholarship development
- Administered peer-review process to summarize and disseminate feedback regarding online faculty and coursework
- Co-organized monthly departmental Journal Club and Research Group
- Reconstituted Institutional Review Board, including development of forms and procedures, training personnel, recruiting membership and serving as Chair

Adjunct Faculty, 2013 to 2014:

- Recruited as one of three founding faculty to teach in the nation's first and only Masters of Science in Yoga Therapy
- Developed and taught Biomedicine course and Structural Pathology course
- Served as clinic supervisor for yoga therapy students during their clinical rotation

Nursing Research and Translational Science, National Institutes of Health Bethesda, MD

Yoga Research Consultant, 2011 to 2017:

- Trained yoga interventionists to deliver protocol from prior research study
- Assessed fidelity to intervention protocol
- Served as thematic coder for qualitative analysis
- Collaborated on draft and revision of six manuscripts for publication
- Presented findings at international research conferences

Johns Hopkins University

Baltimore, MD

Graduate Teaching Assistant, Bloomberg School of Public Health, Department of Health, Behavior & Society, 2005 to 2008:

- Served as teaching assistant for basic behaviour change theory course, including grading and guest lectures
- Co-taught Obesity Selective course to 4th year medical students, including delivery of lectures and facilitation of small group discussion.

Research Coordinator, School of Medicine, Department of Rheumatology, 2003 to 2006:

- Served as research coordinator for behavioural research, with involvement in all aspects of research planning, execution, analysis and dissemination, from grant writing and IRB submission to final manuscript revisions.
- Study populations included: osteoarthritis, rheumatoid arthritis, fibromyalgia.
- Interventions included: medication adherence monitoring, weight loss, walking program, social support, and yoga
- Presented study findings at international research conferences

Summer Intern in Complementary and Alternative Medicine, School of Medicine, Department of Gastroenterology, Summer 2002:

- Conducted literature review on the effects of movement (t'ai chi, yoga, dance) for patients with rheumatoid arthritis
- Utilized Laban Movement Analysis to assess the potential effects of Paneurythmy, a Bulgarian spiritual dance form
- Served as Research Coordinator to assess the knowledge and attitudes of gastroenterology patients and providers regarding complementary and alternative health approaches

Towson University

Towson, MD

Graduate Teaching Assistant, Department of Dance, 2000 to 2003:

- Taught several courses in the dance department without supervision, including technique, improvisation, and movement analysis
- Co-taught dance history and theory
- Attended all faculty meetings, provided student advising, served in curriculum development, assisted with re-accreditation process

Children's Hospital Oakland Research Institute

Oakland, CA

Research Coordinator, Department of Haematology and Oncology, 1999 to 2000:

- Developed and documented all Standard Operating Procedures for remote cord blood banking, involving hematologists/oncologists, obstetricians/midwives, and expecting families with transplant-treatable siblings

NON-ACADEMIC POSITIONS

Corporate Health Solutions

Jamison, PA

Director of Health Coaching, 2010 to present:

- Created a corporate health coaching program as a follow-up to on-site health assessments for manufacturing employers with locations nationwide
- Hired and trained a team of 8 health coaches with diverse backgrounds in health-related fields, including: nutrition, public health, mental health, and exercise science
- Developed an evidence-informed structured interview process to serve as a behavioural intervention that addresses multiple health-related behaviours and risk factors (diet, exercise, sleep, stress, tobacco/alcohol use, medical care, etc.)
- Provide monthly supervision to team of health coaches regarding each individual client (total case load around 500).

Yoga for Arthritis

Baltimore, MD

Founder and Director, 2010 to present:

- Developed two evidence-informed continuing education programs and a mentoring process for yoga professionals, which has been offered at 10 locations nationwide to hundreds of participants
- Hired by the Arthritis Foundation to design and film a video program for people with arthritis, including tutorials, frequently asked questions, and yoga practices modified for joint conditions and disease flares

- Served as subject matter expert regarding yoga for joint conditions and rheumatic diseases to journalists, research teams, yoga professionals, medical professionals, and individuals living with arthritis

PUBLICATIONS and PRESENTATIONS

Peer-Reviewed Journals

Yoga for systemic lupus erythematosus (SLE): Clinician experiences and qualitative perspectives from students and yoga instructors living with SLE. Middleton KR, **Moonaz SH**, Hasnic SA, Magaña ML, Tataw-Ayuketah G, Farmeria N, Wallen GR. *Comp Ther Med*. 2018 Dec; 41:111-117

Sullivan MB, Erb M, Schmalzl L, **Moonaz S**, Noggle Taylor J, Porges SW. Yoga Therapy and Polyvagal Theory: The Convergence of Traditional Wisdom and Contemporary Neuroscience for Self-Regulation and Resilience. *Front Hum Neurosci*. 2018 Feb 27; 12:67.

M Sullivan, **S Moonaz**, K Weber, JN Taylor, L Schmalzl. Towards an Explanatory Framework for Yoga Therapy Informed by Philosophical and Ethical Perspectives. *Altern Ther Health Med*. 2018 Jan; 24(1):38-47.

M Sullivan, M Leach, J Snow, **S Moonaz**. Understanding North American Yoga Therapist's Attitudes, Skills and Use of Evidence-Based Practice: A Cross-National Survey. *Complementary Therapies in Medicine*. 2017 Jun; 32: 11-18.

Middleton KR, Tataw-Ayuketah G, **Moonaz SH**, MM Lopez, Wallen GR. A qualitative approach exploring the acceptability of yoga for minorities living with arthritis: 'Where are the people who look like me?' *Complementary Therapies in Medicine*. 2017 Apr; 31: 82-89.

M Sullivan, M Leach, J Snow, **S Moonaz**. The North American Yoga Therapy Workforce Survey. *Complementary Therapies in Medicine*. 2017; 3: 39–48

Middleton KR, Andrade R, **Moonaz SH**, Muhammad C, Wallen GR. Yoga Research and Spirituality: A Case Study Discussion. *Int J Yoga Therap*. 2015; 25(1):33-5.

PE Jeter, **SH Moonaz**, AK Bittner, G Dagnelie. Ashtanga-based Yoga Therapy Increases the Sensory Contribution to Postural Stability in Visually-Impaired Persons at Risk for Falls as Measured by the Wii Balance Board™: A Pilot Randomized Controlled Trial. *PLoS ONE* 6/2015; 10(6).

S Haaz Moonaz, CO Bingham, L Wissow, SJ Bartlett. Yoga in sedentary adults with arthritis: effects of a randomized controlled pragmatic trial. *J of Rheumatology*. 7/2015; 42(7):1194-202.

CM Muhammad, **SH Moonaz**. Yoga as therapy for neurodegenerative disorders: a case report of therapeutic yoga for adrenomyeloneuropathy. *Integrative Medicine: A Clinician's Journal*. 06/2014; 13(3):33.

P Jeter, C Roach, M Corson, C Ryan, AF Nkodo, **S Haaz-Moonaz**, SB Khalsa, G Dagnelie, A Bittner. Yoga reduces fear of falling and negative psychosocial States in persons with visual impairment. *Journal of Alternative and Complementary Medicine*. 05/2014; 20(5):A57.

Jeter PE, Nkodo, A-F, **Haaz S**, Dagnelie, G. A systematic review of yoga interventions for balance measures in a healthy population. *J of Alternative and Complementary Medicine*. 2014 Apr;20(4):221-32.

Bartlett SJ, **Moonaz SH**, Mill C, Bernatsky S, Bingham CO 3rd. Yoga in rheumatic diseases. *Curr Rheumatol Rep*. 2013 Dec;15(12):387.

Middleton KR, Ward MM, **Haaz S**, Velumylyum S, Fike A, Acevedo AT, Tataw-Ayuketah G, Dietz L, Mittleman BB, Wallen GR. A pilot study of yoga as self-care for arthritis in minority communities. *Health Qual Life Outcomes*. 2013 Apr 2;11:55.

McCauley J, **Haaz S**, Tarpley M, Koenig H, Bartlett SJ. A randomized controlled trial to assess effectiveness of a spiritually-based intervention to help chronically ill adults. *International Journal of Psychiatry in Medicine*, 2011; 41(1): 91-105

Haaz S, Bartlett SJ. Yoga for Arthritis: A Scoping Review. *Rheum Disease Clinics of North America*. 2011 Feb; 37(1):33-46. Epub 2010 Dec 3.

McCauley J, Tarpley MJ, **Haaz S**, Bartlett SJ. Daily spiritual experiences of older adults with and without arthritis and the relationship to health outcomes. *Arthritis Care & Research*, 2008 Jan; 59(1): 122-128

Fontaine KR, **Haaz S**, Bartlett SJ. Are overweight and obese adults with arthritis being advised to lose weight? *Journal of Clinical Rheumatology*, 2007 Feb;13(1):12-5.

Fontaine KR, **Haaz S**, Heo M. Projected prevalence of US adults with self-reported doctor-diagnosed arthritis, 2005 to 2050. *Journal of Clinical Rheumatology*. 2007 May;26(5):772-4. Epub 2007 Feb 1.

Fontaine KR, **Haaz S**. Risk factors for lack of recent exercise in adults with self-reported, professionally-diagnosed arthritis. *Journal of Clinical Rheumatology*. 2006 Apr; 12(2).

Haaz S, Fontaine KR, Cutter G, Limdi N, Poehlman E, Perumean-Chaney S, Allison D. Citrus Aurantium and Synephrine Alkaloids in the Treatment of Overweight and Obesity: An Update. *Obesity Reviews*. 2006 Feb;7(1):79-88.

Reed W, Smith R, Dekovic F, Lee JY, Saba JD, Trachtenberg E, Epstein J, **Haaz S**, Walters MC, Lubin BH. Comprehensive banking of sibling donor cord blood for children with malignant and nonmalignant disease. *Blood* 2003; 101(1):351-357.

Books and Book Chapters

Moonaz S. (2019) Current evidence for yoga in pain reduction. In: Pearson N, Prosko S, Sullivan M, ed. *Yoga and Science in Pain Care: Treating the Person in Pain*. Jessica Kingsley Publishers: Philadelphia, PA

S Moonaz and E Welkin. (2018) *Yoga Therapy for Arthritis: A Holistic Approach to Movement and Lifestyle*. Jessica Kingsley Publishers: Philadelphia, PA

SH Moonaz. (2016) *Yoga and Dis/Ability*. In *Yoga and the Body: An Intersectional Analysis of Contemporary Body Politics, Mindfulness, and Embodied Social Change*. Rowman and Littlefield.

H Cramer, **S Moonaz**, SJ Barlett. (2016) *Yoga therapy for other musculoskeletal and neuromuscular conditions*. In *Principles and Practice of Yoga in Healthcare*. Handspring Publishing

RL Kolotkin, **S Haaz**, KR Fontaine. (2009) Assessment of Health-Related Quality of Life in Obesity and Eating Disorders. Handbook of Assessment Methods for Obesity and Eating Behaviors, Related Problems and Weight: Measures, Theory and Research. SAGE Publications.

S Haaz, KR Fontaine, & DB Allison. (2007). Bitter Orange (Citrus aurantium). Encyclopedia of Dietary Supplements, 1 (1), 978-0-8247-5504-1.

Conference Presentation Abstracts

Moonaz S, Sullivan M, Bradley R. Feasibility of Data Collection in a Student Yoga Therapy Clinic. International Congress on Integrative Medicine and Health, May 2018.

Sullivan M, Erb M, **Moonaz S**, Schmalzl L. Yoga therapy: Explanatory and theoretical frameworks and implications for research, teaching and clinical practice. International Congress on Integrative Medicine and Health, May 2018.

Moonaz S, Sullivan M, Bradley R. Feasibility of Data Collection in a Student Yoga Therapy Clinic. MUIH Research Symposium, March 2018.

S Moonaz, M Sullivan, T Meyerink, J Alger. Characteristics of Students Pursuing Yoga Therapy Training in a University Setting: A Mixed-Methods Approach. Symposium on Yoga Research, September 2016.

M Sullivan, M Leach, J Snow, **S Moonaz**. Characteristics of Yoga Therapists currently practicing in North America: A cross-sectional descriptive survey. Symposium on Yoga Research, September 2016.

S Moonaz, M Sullivan. Demographics and Perspectives of Graduate Students in Yoga Therapy: Study Design and Rationale. Maryland University of Integrative Health Research Symposium, March 2016.

Snow J, Chittum H, Freeman C, Padgett J, **Moonaz S**. Presence in Conventional and Complementary Healthcare: A Narrative Review. Maryland University of Integrative Health Research Symposium, March 2016.

Sullivan M, Snow J, Leach M, **Moonaz S**. A Survey of the Yoga Therapy Workforce in the US and Canada: Methodology and Rationale. Maryland University of Integrative Health Research Symposium, March 2016.

KR Middleton, A Finke, R Andrade, G Tataw-Ayuketah, **S Moonaz**, G Wallen. Personal Narratives to Assess Acceptability of Yoga for Self-Care in Minorities with Arthritis. 142nd APHA Annual Meeting and Exposition 2014.

Jeter, PE, Nkodo, A-F, **Haaz, S**, and Dagnelie, G. Yoga reduces fear of falling and negative psychosocial states in persons with visual impairment. International Research Congress for Integrative Medicine & Health, 2014.

PE Jeter, AF Nkodo, **S Haaz**, G Dagnelie. (2013) A systematic review of yoga-based interventions for objective and subjective balance measures. Symposium on Yoga Research.

S. Haaz, CO Bingham, SJ Bartlett. (2013) Participation in a tailored yoga program is associated with improved physical health in persons with arthritis. Symposium on Yoga Research.

Jeter, PE, Dagnelie, G, Khalsa, SBS, **Haaz, S**, Bittner, AK. (2011) Yoga for persons with severe visual impairment: a feasibility study. Second Annual Symposium on Yoga Research.

S Haaz, CO Bingham, JM Bathon, SJ Bartlett. The effects of yoga on clinical parameters in patients with rheumatoid arthritis. 2008 American College of Rheumatology Annual Meeting.

S Haaz, SJ Bartlett, JM Bathon. Initial findings of an RCT of yoga on physical and psychological functioning in RA and OA. *Arthritis & Rheumatism*; 56[9(S)], S2186: 2007.

Bartlett SJ, Giles, JT, Fontaine KR, **Haaz S**, Bathon JM. Does depression influence self-reported disability in RA? Evidence of a gender effect. *Arthritis & Rheumatism*; 56[9(S)], S1037: 2007.

Bartlett SJ, **Haaz S**, Bathon JM. Depression and responsiveness to non-pharmacological therapies. *Arthritis & Rheumatism*; 56[9(S)], S2035: 2007.

Bartlett SJ, McCauley J, **Haaz S**. Daily spiritual experiences of older adults with and without arthritis: relationships to health outcomes. *Arthritis & Rheumatism*; 56[9(S)], S2188. 2007.

S Haaz, SJ Bartlett, JM Bathon. Yoga for Persons with Rheumatoid Arthritis. American Public Health Association; 2041.1. Washington DC, Nov 2007.

S Haaz, SJ Bartlett, JM Bathon. Improvements in quality of life with modified yoga for persons with arthritis. American Public Health Association; 4193.0 Washington DC, Nov 2007

S Haaz, SJ Bartlett, JM Bathon. Yoga for Persons with Rheumatoid Arthritis. Arthritis Research Conference. Atlanta, GA. March 2006

S Haaz, SJ Bartlett. Somatic and Body Oriented Alternative and Complementary Health Research. American Public Health Association; 4292.0. Boston MA, Nov 2006.

S Haaz, KR Fontaine, JM Bathon, SJ Bartlett. Evidence for Reciprocal Relationships among Pain, Weight Loss, and Long Term Weight Maintenance for Obese Persons with Knee OA. American College of Rheumatology. Washington DC, Nov 2006.

S Haaz and S Bartlett. Effects of a comprehensive weight loss program on quality of life for persons with knee OA. International Society for Behavioral Nutrition and Physical Activity: 242P. Boston, MA. July 2006.

S Haaz, P Wroblewski, KR Fontaine, JM Bathon SJ Bartlett. Effects of a comprehensive weight loss program on quality of life and physical health in overweight and obese persons with knee OA. *Arthritis & Rheumatism* 52[9(S)], S438, 2005.

Bartlett SJ, **Haaz S**, Bathon JM, Taub DD, Ling SM. Serum Predictors of Changes In Pain And Function With Weight Loss. *Osteoarthritis & Cartilage* 13[1(S)]. 2005

JT Giles, SJ Bartlett, AC Gelber, R Anderson, **S Haaz**, JM Bathon. Body composition in normal weight, overweight and obese patients with rheumatoid arthritis. *Arthritis & Rheumatism* 52[9(S)], S331, 2005.

SJ Bartlett, **S Haaz**, JM Bathon, D Taub, SM Ling. Are inflammatory cytokines predictors of symptom response to weight loss in overweight and obese persons with symptomatic knee osteoarthritis (OA)? *Osteoarthritis & Cartilage* 13[1-S], 38-39. 2005.

S Haaz, P Wroblewski, KR Fontaine, JM Bathon, SJ Bartlett. Effects of a comprehensive weight loss program on quality of life and physical health in overweight and obese persons with knee OA. *Arthritis & Rheumatism* 52[9(S)], S438. 2005.

SJ Bartlett, **S Haaz**, P Wroblewski, JM Bathon, V Ruffing, KR Fontaine. Relationship among weight loss, body composition and symptom improvement in overweight persons with knee OA. *Arthritis & Rheumatism* 52[9(S)], S459. 2005.

KR Fontaine, **S Haaz**, and JM Bathon. Promoting Physical Activity in Fibromyalgia: Interim Analyses. *Arthritis & Rheumatism* 50[9(S)], S467. 2004.

SJ Bartlett, **S Haaz**, P Wroblewski, JM Bathon, KR Fontaine, C Ruffing. Small weight losses can yield significant improvements in knee OA symptoms. *Arthritis & Rheumatism* 50[9(S)], S658. 2004.

PH Nass, T Yunus, JK Shim, A Mitchell, **S Haaz**, BE Lacy. Gastroenterologists' knowledge, use, and assessment of complementary and alternative medicine (CAM) therapies. *American College of Gastroenterology*, 2002.

JM Epstein, R Meyers, WF Reed RS Smith, K Taylor, **S Haaz**, BH Lubin. The genetic counselor as a resource for families with a medical indication for cord blood banking. *American College of Medical Genetics*, 2000.

WF Reed, RT Smith, **S Haaz**, J Epstein, E Trachtenberg, M Vinson, BH Lubin. First successful sibling donor cord blood bank: an efficient transplant resource for children with sickle cell disease. *National Sickle Cell Program Annual Meeting*, 2000.

WF Reed, RS Smith, E Trachtenberg, M Vinson, D Hanes, **S Haaz**, BH Lubin. Remote site collection of sibling donor cord blood for specific medical indication. *American Society of Hematology*, 1999.

AWARDS AND HONORS

- Excellence in Faculty Research and Scholarship, Maryland University of Integrative Health, Laurel, MD, 2016
- Research Abstract Award, Symposium on Yoga Research, International Association of Yoga Therapists, Stockbridge, MA, 2013
- 2010: Distinguished Research Award, Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, 2008, 2009, 2010
- Delta Omega Honor Society Induction, Johns Hopkins University, 2010
- Assn. of Rheumatology Health Professionals Graduate Student Award, 2007
- Health Professional Graduate Student Research Preceptorship, American College of Rheumatology, 2007
- National Arthritis Foundation Doctoral Dissertation Award, Atlanta, GA, 2006
- Ruth L. Kirschstein National Research Service Award (NRSA) Individual Fellowship National Institutes of Health, National Center for Complementary and Alternative Medicine, 2006
- American College of Rheumatology Graduate/Medical Student Achievement Award, 2004
- Phi Kappa Phi Honor Society Induction, University of Maryland at College Park, 2003
- Helen Ward Memorial Prize in Theater and Dance, Oberlin College Department of Theater and Dance, 1999

GRANTS AND FELLOWSHIPS

Current Research

2017 to present

Title: "Cristo Rey Jesuit High School Well-being Partnership - Engaging Teachers in Mind-Body Techniques for Well-Being"

Funder: Mental Insight Foundation

Purpose: To implement and evaluate a multi-modality mind-body stress management program for faculty and staff at an urban, underserve, and predominantly African-American high school in Baltimore

2017 to present

Title: Group Acupuncture Therapy with Modified Yoga for chronic neck, low back and OA pain in safety net setting for an underserved population (GAPYOGA)

Funder: Blavatnik Family Foundation

Purpose: Integrative Medicine Research

Completed Research

2010 to 2017

Award: National Institutes of Health Intramural Research, KR Middleton, PI

Title: "Pilot Study of Yoga as Self-Care for Underrepresented Communities"

Funder: Nursing Research and Translational Services

Purpose: To determine the feasibility and acceptability of providing yoga to an urban, underrepresented population with arthritis.

2006 to 2009

Award: 1F31AT003362-01A1 S. Haaz (PI), SJ Bartlett (Sponsor)

Title: "Yoga in Persons with Rheumatoid Arthritis"

Funder: National Institutes of Health-National Center for Complementary and Alternative Medicine

Purpose: To complete doctoral coursework and research to identify mind-body mechanisms through which holistic exercise (yoga) influences health outcomes in RA.

2009

Award: Chapter Grant

Funder: New York Chapter of the Arthritis Foundation

Purpose: To examine the effects of the yoga for arthritis program in a community-based setting.

2006 to 2008

Award: Arthritis Foundation Doctoral Dissertation Award, S Haaz, PI

Title: "Yoga and Rheumatoid Arthritis"

Funder: Arthritis Foundation

Purpose: To investigate the effects of a 12-week yoga program on quality of life in patients with rheumatoid arthritis.

2008

Award: Chapter Grant

Funder: Maryland Chapter of the Arthritis Foundation

Purpose: To extend the yoga for arthritis research project to a second site at Good Samaritan Hospital.

2007

Award: Health Professional Graduate Student Research Preceptorship

Funder: American College of Rheumatology / Research and Education Fund

Purpose: To examine the relationship between depression and disability in a longitudinal observational study of patients with rheumatoid arthritis.

INVITED TALKS

January 2019: Yoga for Physical Well Being, 21st Yoga Anniversary Event. Sri Siva Vishnu Temple, Washington, DC

October 2018: Yoga Research Reporting Guidelines, Symposium on Yoga Research. Kripalu Center for Yoga and Health, Stockbridge, MA

May 2017: Ageism and Ableism, Accessible Yoga Conference, Integral Yoga Institute, New York, NY

March 2017: Institutional Research Update, Annual Research Symposium, Maryland University of Integrative Health, Laurel, MD

March 2017: Therapeutic Yoga for Healthy Living, Yoga as Lifestyle Medicine. Smithsonian Institute. Washington, DC

November 2016: Yoga for Arthritis: Evidence of Transformation, Emory University School of Medicine, Atlanta, GA.

September 2016: Yoga for Rheumatic Disease Populations: Existing Evidence and Future Directions, Symposium on Yoga Research, Kripalu Center for Yoga and Health, Stockbridge, MA

September 2016: Yoga Therapy, Empowerment and Healing: A Panel Discussion. Accessible Yoga Conference, Santa Barbara, CA.

March 2016: Yoga for Arthritis: The Science and Differences, Montreal International Symposium on Yoga Therapy, Montreal, QB

March 2016: Asana Modifications for Joint Conditions, Montreal International Symposium on Yoga Therapy, Montreal, QB

March 2016: Sustainable Transformation: The Short and Long-Term Effects of a Yoga Intervention on Quality of Life for Persons with Arthritis, MUIH Research Symposium, Laurel, MD

January 2016: The Role for Yoga Therapy in Integrative Palliative Care, Johns Hopkins Palliative Care Fellows Meeting, Howard County General Hospital, Columbia, MD

June 2015: Evidence-Based Marketing in Yoga Therapy, Symposium on Yoga Therapy and Research, Newport Beach, VA

August 2014: Yoga for Arthritis: The Evidence and the Promise, YogaU Online.

March 2014: The A-Ha Moment: Three Alums Reflect on Their Personal Career Journeys, Johns Hopkins Bloomberg School of Public Health Alumni Day, Baltimore, MD

January 2014: Symbolic Moments that Reframe Life with Limitations, MUIH Totally Awesome Developments, Maryland University of Integrative Health, Laurel, MD

June 2013: Yoga for Arthritis, Symposium on Yoga Therapy and Research, Boston, MA

June 2010: The Safety, Feasibility and Efficacy of Yoga for Persons with Arthritis, Department of Physical Medicine and Rehabilitation, Brigham and Women's Hospital, Boston, MA

April 2010: The Effects of Yoga for Persons with Rheumatoid Arthritis and Osteoarthritis. Johns Hopkins Division of Rheumatology Grand Rounds, Baltimore, MD

TEACHING EXPERIENCE

Maryland University of Integrative Health

Designing Research in Clinical Practice (2015 to present)
Introduction to Statistics, Research Design and Research Literacy (2014 to 2017)
Introduction to Scientific Writing (2016)
Biomedicine and the Body Structure (2014 to 2015)
Structural Pathology in Integrative Health (2015 to 2016)

Johns Hopkins University

Obesity Selective (2005 to 2008)
Theories of Behavior Change (2005 to 2008)

Towson University

Scientific Bases of Movement Analysis I (2000 to 2003)
Scientific Bases of Movement Analysis II (2000 to 2003)
Dance History (2000 to 2003)
Improvisation I (2000 to 2003)
Dance Composition (2000 to 2003)
Modern Dance Technique I (2000 to 2003)

Oberlin College

Genetics, Evolution and Ecology (1998 to 1999)

RESEARCH MENTORING/CONSULTING

2016: Juyoung Park, Associate Professor, Florida Atlantic University
Chair Yoga for Low-Income Seniors with Arthritis

2014 to present: Marlysa Sullivan, Instructor, Maryland University of Integrative Health
Mechanisms in Yoga Therapy

2014 to present: Jennifer Daks, Doctoral Candidate, PhD in Psychology, Rutgers University
Partner Yoga for Chronic Pain

2012 to 2013: Erin Haddock, School-based Interventionist, Chicago, IL
Yoga for At-Risk Youth

2010 to present: Pamela Jeter, Post-doctoral Fellow, Johns Hopkins University
Yoga for Visual Impairment

2010 to 2011: Corjena Cheung, Associate Professor, St. Catherine University
Yoga in Osteoarthritis

UNIVERSITY SERVICE

2018 to present: Research Assessment Team

2018: Healing Presence Task Force

2016: Yoga Therapy Program Director Search Committee Chair, MUIH

2015 to present: Institutional Review Board Chair, MUIH

2015 to present: Abstract Review Committee Chair, Annual Research Symposium, MUIH

2014 to present: Journal Club Facilitator, Dept of Integrative Health Sciences, MUIH

2014 to present: Research Group Co-Facilitator, Dept of Integrative Health Sciences, MUIH

SERVICE TO PROFESSION

Peer-Reviewer

2016 to present: Journal of Alternative and Complementary Medicine

2016 to present: Complementary Therapies in Medicine

2010 to present: Evidence-Based Complementary and Alternative Medicine

2010 to present: Journal of General Internal Medicine

2009 to present: International Journal of Yoga Therapy

2008 to present: Journal of Physical Activity and Health

2007 to present: Patient Education and Counselling

Professional Affiliations

Academic Collaborative for Integrative Health (Board of Directors)

International Society for Behavioral Nutrition and Physical Activity

Society for Behavioral Medicine

American Public Health Association

Association of Rheumatology Health Professionals

International Association of Yoga Therapists (Member School)