

Jody Rose  
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## Curriculum Vitae

### Profile

**Jody Rose** is an Iyengar Yoga teacher in training whose approach emphasizes alignment, accessibility, and attentive, lifelong practice. She is currently a certification candidate with the Iyengar Yoga National Association of the United States and teaches Level 1 classes and student segments under mentorship at the California Yoga Center, as well as community classes in Maine. Jody brings a strong foundation in anatomy, observation, and pedagogy from her academic background in biology and years of teaching in higher education and community settings. Her work is further informed by decades of study in performance and embodiment as a member of Actors' Equity Association, supporting clear demonstration, precise language, and responsive instruction. Her teaching focuses on building stability, clarity, and confidence in foundational poses while meeting students where they are, with an emphasis on safe progression and sustained practice.

### Credentials

Candidate, Certified Iyengar Yoga Teacher, Iyengar Yoga National Association  
M.S. Biology, Union College, Schenectady, NY  
B.A. Arts, Union College, Schenectady, NY

### Employment History

Simulation-Based Experiences, Univ. of Southern Maine, Portland, ME. 2026

- Recreating medical scenarios for healthcare students.
- Embodying specific emotional, physical, and behavioral states.
- Responding naturally within guided scenarios.
- Maintaining consistency across multiple performances.
- Providing accurate and constructive feedback to students.

Test Center Proctor, Bowdoin Academic Test Center, Brunswick, ME. 2024-present

- Greet, orient, and supervise students during testing.
- Prepare and maintain test center facilities according to individual needs and requirements.
- Monitor test administration following established guidelines, maintained confidentiality and security protocols.

Educator/Founder, Tales Told: Storytelling For Lifelong Learners. 2005-present

- Simulation-Based Patient Experiences, University of Southern Maine
- Developed place-based experiential learning projects.
- Funding: ME Arts Commission SMART Grant, ME Coast Heritage Trust, Perloff Family Foundation

Customer Representative Assistant, Popham & Reid State Parks, ME. 2024

- Met, greeted, and assisted park visitors and rangers—undertook other physically demanding tasks around park.
- Provided natural history interpretation to visitors and communicated with field scientists.
- Counted cash, made change from the cash drawer, and entered visitor info into point of sale software.
- Sold merchandise and park passes, experience with retail, upsells, etc.

Curator, The John Marin Estate, Cape Split Place, Addison, ME. 2007-2022

- Coordinated management of Marin's art, archives, and library, including curation, cataloguing, and inventory of all works.
- Supervised loans for exhibition, correspondence, and special projects.
- Handled all communication with press, individuals, organizations, and the public.
- Served as Office Manager for the facility.

Director, Porter Memorial Library, Machias, ME. 2004-2007

- Administered all aspects of library operations, personnel, and programs.
- Planned and led public events, lectures, and storytelling.

Adjunct Instructor, University Of Maine At Machias, Machias, ME. 2002-2004

- Birds of Eastern Maine
- Animal Behavior

Adjunct Instructor, Washington Co. Community College, Calais, ME. 2000-2004

- Introduction to Biology
- Introduction to Psychology
- Introduction to Sociology

Adult Basic Education Tutor, Maine Adult Education, Machias, ME. 2000-2002

- GED/HiSet High School Equivalency
- College Prep
- Basic Literacy & Life Skills
- Back-to-Work Workshops

Education Director, Berkshire Bird Paradise, Petersburg, NY. 1991-1995

- Coordinated field educational programs
- Conducted seminars and tours.
- Instituted & supervised undergraduate field research with Union College.

Associate Producer, WNET/Channel 13, New York, NY. 1988-1990

- INNOVATION, Emmy Award-winning PBS science documentary
- Sought story angles, pre-interviewed & booked guests.
- Developed scripts. Selected & acquired stock footage, stills & music.
- Designed graphic elements with staff artists. Supervised edits.

### **Grants Received**

- Maine Coast Heritage Trust, 2020
- Maine Arts Commission, SMART Grant, Experiential Learning, 2012
- Perloff Foundation, Oral History and the Jonesboro Bicentennial, 2009
- Maine Arts Commission, Experiential Education, 2002

### **Professional Memberships**

Iyengar Yoga Association of Northern California, Iyengar National Association, Actors' Equity Association, Sigma Xi

### **Professional Activities**

- Consultant, The Apple Cider Project. Downeast Farm to School, ME, 2010
- Certificant: Washington County Leadership Institute, Xi Class, 2010
- Presenter: "History Unearthed" (Pleasant River Historical Society, July 2010)
- Presenter: "Tales of Old Jonesboro" (Jonesboro Bicentennial, July, 2009)
- Presenter: "History Unearthed", Machias Historical Society History Symposium, 2009
- Featured in Women Work & Community booklet:  
"Creating the Future: 30 Stories from the Maine Economy", 2008

### **Community Service**

- Election Worker, Jonesboro, ME, 1999- 2021
- Planning Board Member. Jonesboro, ME, 2014-2016
- Washington County Democrats, Machias, ME, 2008-2011
- Bicentennial Committee. Jonesboro, ME, 2007-2009
- Comprehensive Plan Member, Jonesboro, ME, 2006-2008
- Presenter, Environmental Assessment Hearing, Downeast Regional Airport, 2007
- After School Program Advisory Board, Jonesboro, ME, 2007-2010
- Board Member, Child and Family Opportunities, Ellsworth, ME, 1999- 2000.
- Cobscook Community Learning Center, Founding Member, Trescott, ME, 1999
- Pew Scholarship, Cornell University, Ithaca, NY. 1990

# Yoga Training and Workshops

Primary Mentor: Patti Martin (CIYT Level 2)

Supporting Mentors: Victoria Austin (CIYT Level 3) and Carolyn Bluemle (CIYT)

Sponsoring Center: California Yoga Center, Mountain View, CA

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## I. Teaching Experience & Professional Service

- Student Teaching (2024–Present): Instructing 1–2 poses weekly in Yoga for Strength and Balance at California Yoga Center under mentor supervision.
- Substitute Teaching: Regular 60-minute Level 1 substitute at California Yoga Center.
- Community Instruction (Oct 2025–Present): Level 1 instruction for walk-in populations at Casco Bay YMCA, Freeport, ME.
- 2026 IYNAUS Convention: Confirmed Volunteer and Attendee, Philadelphia, PA (May 2026).
- Community Service (2021): Marketing/Outreach volunteer for IYI San Francisco (IYISF).

## II. Advanced Training Programs

IYISF: Dedicated Practitioner Program (DPP)

Teachers: Victoria Austin & Miri Aloni Rivlin (CIYT, Level 3) (2021–2022/23)

- Taste of DPP: Reflect: July 1, 2021.
- Module 1: Standing & Seated Poses: Feb 11–12, 2022.
- Module 2: Forward & Lateral Extension: Mar 4–5, 2022.
- Module 3: Inversions & Back Extension: Apr 1–2, 2022.
- DPP Intensive Capstone: Apr 3, 2022.

## III. Workshops & Special Classes

2025–2026

- Patti Martin & Lori Neumann (CIYT, Level 2) : Taking Care of Your Bones, California Yoga Center (Jan 17, 2026).
- Patricia Walden & Jarvis Chen: IYANE Annual Meeting & Class, IYANE (Dec 14, 2025).
- Miri Aloni Rivlin: Yoga for Bone Health, California Yoga Center (Nov 1, 2025).
- Kathleen Swanson (CIYT, Level 3) & Cindy Berliner (CIYT, Level 3): Autumn Retreat, Iyengar Yoga Source, Enfield, NH (Sept 19–21, 2025).
- Miri Aloni Rivlin: Nervous System 4-Week Series, California Yoga Center (June 4–26, 2025).
- Leslie Howard: Pelvic Health 2-Day Workshop, California Yoga Center (Spring 2025).

2023–2024

- Lois Steinberg: Hands On! Asana Adjusting, Yoga Champaign-Urbana (Feb 18, 2024).
- Patti Martin: Pranayama Series, IYISF (Jan 22–Feb 9, 2024).
- Rosana Seligman: Yoga for Managing Diabetes, Iyengar Yoga Therapeutics (Jan 26, 2024).
- Patti Martin: Yoga First Aid Kit Workshop, IYISF (Jan 7, 2024).
- Kathleen Swanson & Cindy Berliner: Autumn Retreat, Iyengar Yoga Source, Enfield, NH (Sept 2024).
- Miri Aloni Rivlin: Fundamentals of Iyengar Yoga, IYISF (Oct 11–Nov 15, 2023).
- Dr. Edwin Bryant: Death in Yoga Philosophy, IYISF (Sept 2, 2023).

2021–2022

- Chad Balch (CIYT, Level 2): Yoga for Foot and Ankles IYI San Francisco (March 2, 2022).
- Victoria Austin: Pranayama Immersion, IYISF (April 11–15, 2022).
- Patricia Walden: Yoga for Depression & Anxiety, IYI San Francisco (July 10–12, 2021).
- John Schumacher: Treating High Blood Pressure with Iyengar Yoga, IYISF / IYT Livestream (May 16, 2021).
- Victoria Austin: Pranayama Immersion, IYISF (April 12–16, 2021).

2014–2019 (BKS Iyengar Yoga Center, Brooksville, ME)

- Laurie Blakeney: Senior Teacher Intensive (2019).
- Janet MacLeod: Alignment Focused Intensive (July 27–29, 2018).
- Marla Apt: Three Day Workshop (August 2017).
- John Schumacher: Pranayama, Antara Kumbhaka and Aging (July 15–17, 2016).
- Kim Peralta: Teacher Training Observation (Jan 30–31, 2016).
- Kim Peralta: Monthly Beginner, Special Needs, & Intermediate Classes (2014–2019).

## IV. Continuous Study & Membership

- Weekly Practice: Ongoing mentorship classes with Patti Martin and general classes with Kristina Drouin (CIYT, Level 1)
- Study Group: Active participant in the Level 1 Iyengar Yoga Assessment Study Group.
- Professional Membership: IYNAUS and IYANE (Iyengar Yoga Association of New England).