

# Jody Rose — Yoga Educator — Candidate for CIYT Assessment

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## Professional Profile

- I am a yoga teacher focused on alignment-based practice and the principle that yoga is for every body, age and condition. My instruction is informed by a background in **Biology, Education, and Professional Acting** providing a foundation in anatomy, pedagogy and verbal precision. Currently a mentored student teacher at the **California Yoga Center**, I teach weekly segments, provide substitute coverage, and work with private online students. I am now seeking to transition these skills to a live classroom environment in the Brunswick area to help students build stability, strength, flexibility & confidence.

## Yoga Training, Study, & Membership

- **Professional Affiliations:**
  - IYANUS (Iyengar Yoga Association of US)
  - IYANE (Iyengar Yoga Association of New England)
- **Current Status:** Candidate, CIYT (Certified Iyengar Yoga Teacher) Assessment

## Teaching & Ongoing Study

- **California Yoga Center:** Weekly student teacher (1-2 poses) & Substitute (Online)
- **Private Teaching :** Offer online foundational instruction and prop-based modifications to individuals and groups.
- **Weekly Practice:**
  - I have weekly mentoring meetings and classes with Patti Martin (CIYT).
  - I take weekly classes with Kristina Drouin (CIYT) and also have individual practice sessions with her.
- **Study Group:** Active participant in Level One Assessment Study Group

## Continuing Yoga Education & Selected Recent Workshops

- **IYANUS Convention, 2026 with Abhijata Iyengar**, May 2026, Philadelphia
  - Attend and volunteer
- Advanced training program: **Dedicated Practitioners Program, 2022 - 2023**
  - Teachers: Victoria Austin (CIYT) & Miri Aloni (CIYT)
- **Workshops 2025 - 2026**
  - Victoria Austin: Pranayama Intensive, CYC (April 2026)
  - Patti Martin & Lori Neumann (CIYT)) : Taking Care of Your Bones, California Yoga Center (Jan 2026).
  - Patricia Walden & Jarvis Chen: IYANE Annual Meeting & Class, IYANE (Dec 2025)
  - Miri Aloni Rivlin: Yoga for Bone Health, California Yoga Center (Nov, 2025). Kathleen Swanson (CIYT) & Cindy Berliner (CIYT): Autumn Retreat, Iyengar Yoga Source, Enfield, NH (Sept 2025)
  - Miri Aloni Rivlin: Nervous System 4-Week Series, California Yoga Center (June, 2025). Leslie Howard: Pelvic Health 2-Day Workshop, California Yoga Center (Spring 2025)
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- **Workshops in 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
- 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 - Nov , 2023).
- Dr. Edwin Bryant: Death in Yoga Philosophy, IYISF (Sept 2, 2023).

## Related Professional Experience

- **Standardized Patient/ Simulation/** Univ. of Southern Maine / 2026
  - Recreate specific physical and behavioral stress for healthcare training, requires high-level body awareness and the ability to offer constructive feedback.
- **Test Center Proctor** / Bowdoin Academic Test Center, Brunswick / 2024 - Present
  - Greet and orient students, manage test administration and individual requirements following established guidelines and security protocols.
- **Customer Representative Assistant** / Popham & Reid State Parks / 2024
  - Provided natural history interpretation to visitors and communicated with field scientists. Handled revenue, retail sales, and visitor data entry.
- **Curator / The John Marin Estate** / Addison, ME / 2007 - 2022
  - Coordinated management of art, archives, and library, including curation, cataloging, and inventory. Supervised loans of art for exhibition and communicated with galleries, museums, the press and the public.
- **Founder** / Tales Told: Storytelling for Lifelong Learners / 2005 - Present
  - Develop place-based experiential learning projects.
  - Recipient of **ME Arts Commission SMART, ME Coast Heritage Trust**, and the **Perloff Family Foundation** grants.
- **Adjunct College Instructor** / Univ. of Maine, Machias & Washington County Community College / 2000 - 2004
  - Classes include: **Birds of E. ME, Animal Behavior, Biology, Psychology, and Sociology**

## Education & Memberships

- **M.S. Biology**, Sigma Xi Science Honors Union College, Schenectady, NY
- **B.A., Arts**, Union College, Schenectady, NY
- **Pew Fellowship**, Cornell University, Ithaca NY
- **CPR/AED for Professional Rescuers with First Aid**, American Red Cross, 2024
- **Actors Equity Association**, 1975 - present