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## BECKY TAUROG, Ph.D., RYT-200

### Philosophy

Yoga is about balance - between strength and flexibility, expansion and contraction, effort and relaxation, movement and stillness. Because the patterns of movement and tension in our bodies and our mental and emotional states are inherently interconnected, the yoga tradition provides many avenues for improving even our most fundamental experiences of life. As a yoga teacher, I draw on my broad training and experience to support all people in finding stability and ease in every aspect of their lives, through the practice and study of yoga.

### Yoga Teaching Skills and Class Offerings

- Adaptive yoga for people with disabilities
- Ashtanga primary series and first half of second series
- Mysore-style
- Vinyasa (improv)
- Restorative yoga
- Yoga nidra
- Yoga for Anxiety (can be offered as a workshop)
- Yoga for Fulfillment (can be offered as a workshop)

### Teacher Trainings

#### Opening Yoga Level I/II Combined Workshop (40 hrs.) — Oct 2016

**MATTHEW SANFORD** Mind Body Solutions, Minnetonka, MN

Adaptive yoga for people with a broad range of disabilities, based in the Iyengar lineage.

- Adapting standing, seated, and inverted poses
- The art of adjusting asana
- Planning and sequencing an adaptive class
- Experience with adaptive students

#### Yoga for Insomnia — Aug. 2014

**GARY KRAFSTOW** Kripalu Center for Yoga & Health, Stockbridge, MA

- Types and causes of insomnia
- Principles of yoga relevant to insomnia
- Yoga practices and approaches for insomnia

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### Teacher Trainings (continued)

#### Month-long Teacher Training Intensive (200 hrs.) — summer 2013

RICHARD FREEMAN and MARY TAYLOR     The Yoga Workshop, Boulder, CO

Based in the Ashtanga lineage.

- Advanced asana practice and study, including alignment and adjustments
- Anatomy, including applied anatomy with Asha Wolf, DPT and cadaver workshops
- Chanting
- Assigned reading from and lectures on the classical yogic and Buddhist texts
- Meditation instruction and practice with Jules Levinson, including 2-day silent meditation retreat
- Pranayama

#### The Inspired Teacher (Workshop) — Jan 2013

SHARI FRIEDRICHSEN     Himalayan Institute, Honesdale, PA

- Asana adjustments, including hands-on work
- Developing the use of all senses to teach effectively
- Communicating in different modes with students

#### Month-long Teacher Training Intensive (235 hrs.) — summer 2012

BENJAMIN VINCENT and TANYA BOIGENZAHN     Devanadi School of Yoga and Wellness,  
Minneapolis, MN

Based in the ParaYoga teachings.

- Asana practice and study: proper alignment, appropriate modifications, hands-on and verbal adjustments
- Anatomy workshop
- Vinyasa krama/sequencing and designing practices for specific mental/physiological effects
- Meditation and kriyas
- Special topics, e.g., yoga for kids and for pregnant women, Ayurveda, mudras, pranayama, restorative practices, Thai yoga bodywork, and Reiki
- Assigned reading and book reports on selected popular treatments of yoga philosophy and practice (e.g., Lasater, Desikachar, Schiffmann, Sovik)

#### Restorative Yoga Teacher's Course, Levels I & II (35 hrs.) — Spring 2011

ROGER COLE     La Jolla Yoga Center, La Jolla, CA

Based in the Iyengar lineage.

- Theory of the physiological effects of restorative yogas
- Restorative poses: set up and modification of props, proper alignment, appropriate modifications
- Designing and implementing a restorative class

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### Workshops, Conferences, and Retreats

Pranayama Workshop with Richard Freeman, The Yoga Studio, Brookline, MA — Oct. 2014  
Yoga Journal Conference, New York City, CA — April 2014  
Weekend Workshop with Richard Freeman, The Yoga Studio, Brookline, MA — May 2013  
Four Desires Workshop with Rod Stryker, Himalayan Institute, Honesdale, PA — Oct. 2012  
Retreat with Josh and Ben Vincent, Costa Rica — Mar. 2012  
1<sup>st</sup> Annual Ashtanga Yoga Confluence, Pacific Beach, CA — Feb. 2012  
John Friend daylong practice, Encinitas, CA — Jan. 2012  
Retreat with Ben and Angela Vincent, Ely, MN — Oct. 2011  
Retreat with Josh and Ben Vincent, Costa Rica — Feb. 2011  
Purna Yoga Workshop with Aadil Palkhivala, La Jolla Yoga Center, La Jolla, CA — May 2011  
Backbending Workshop with Josh Vincent, La Jolla Yoga Center, La Jolla, CA — Nov. 2010  
Introduction to Vinyasa Yoga with Sara Deakin, Prana Yoga Center, La Jolla, CA — Sept. 2008

### Other Education and Experience

2013-2016	Assistant Professor in Chemistry, Williams College, Williamstown, MA
2012-2013	Visiting Assistant Professor in Chemistry and Biochemistry, Middlebury College, Middlebury, VT
2006-2012	Postdoctoral Research Fellow, The Scripps Research Institute, La Jolla, CA
2000-2006	Ph.D. in Biological Chemistry, The University of Michigan, Ann Arbor, MI
1996-2000	B.S. in Biochemistry & Biology, minor in Chemistry, <i>cum laude</i> with high honors, Brandeis University, Waltham, MA
1995-1996	Nativ College Leadership Program, Jerusalem and Kibbutz Sa'ad, Israel