
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.

Teacher Trainings

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

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 — Jan 2013

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

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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

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

1st 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

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Yoga Teaching Skills and Class Offerings

- Ashtanga primary series and first half of second series
- Mysore-style practice
- Vinyasa
- Restorative yoga
- Yoga nidra
- “Yoga for Anxiety” workshop
- “Yoga for Fulfillment” workshop

Other Education and Experience

2013-present	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