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Summary:

I have taught Yoga at NJCU for 10 years. Prior to teaching at NJCU, I studied and practiced Hatha Yoga and meditation for 5 years under my beloved Yogi, Carmon Coutinho. I have continued to teach and volunteer at the Yoga Center over the past 5 years as part of my daily passion to ensure a happier and much healthier life style.

My prior education and professional background has been in law. I believe the law deals with the crimes and conflicts. Yoga helps the individual reduce their chances of unnecessary involvement in the criminal justice system. I fell in love with yoga because I can help the young students obtain peace within. Helping them to prevent stressful situations and reducing their chances of being involved in crimes and negative influences.

Teaching Philosophy:

The instruction and performance of Yoga postures increases individual concentration and awareness making the body and mind stronger and more flexible. Just as ecology teaches us to live in harmony with our surroundings, so Yoga teaches students to live in harmony with the many aspects of their mind and body.

Whatever your motivation, Yoga offers profound benefits that affect all aspects of life: study habits, eating habits, work, recreation, and relationships. Yoga on many different levels: as a brief / relaxing interlude to a hectic life; as a more demanding regime for strengthening and invigorating the body and mind; or as a path to higher states of consciousness provides desirable benefits.

Education:

- 2011-Present Vipassana Meditation Center, continued my education in meditation-Yoga
- 2013- Present Karma Thegsum Choling, continued my education –Yoga
- 2013- 2015 Zen Society Member, continued my education in meditation-Yoga
- 2009-2011 New Jersey City University, Jersey City, NJ: MS, Professional Security Studies.
With high honors (4.0 grade point average)

- 2007-2008 Diploma in Hatha Yoga Sadhana
- 2007-2008 New Jersey City University, Jersey City, NJ: BS, Professional Security Studies, a national center of academic excellence.
Magna Cum Laude honors (3.82 grade point average)
- 2005-2007 Hudson County Community College, Jersey City, NJ:
Associate of Arts in Criminal Justice.
Magna Cum Laude honors (3.89 grade point average)
- 2001-2002 New York University Language Studies

Employment History:

- 2009-Present New Jersey City University City, Jersey City, New Jersey:
Adjunct Professor -Teaching Yoga.
- 2002- 2010 New York City, New York: Independent Consultant - Interpreter for Law Offices.
- 2001-2002 Wang & Tagg, LLP, Flushing, New York, legal office assistant responsible for working with Chinese-American clients.
- 1998-2001 New York City, New York: Independent Consultant – Interpreter for Computer School.

Volunteer work:

- 2011-Present Vipassana Meditation Center
- 2012- Present Karma Thegsum Choling Center
- 2012- Present Teaching Chinese on an individual basis for students
- 2008- 2011 Sigma Alpha Pi, The National Society of leadership and Success.
- 2006- 2007 Hudson County Superior Court Children Division Family Section:
Volunteer member of Children Placement Review Board.
- 2005- 2009 Phi Theta Kappa, Honor Society: Responsible for assisting in various society activities.
- 2005- 2008 American Cancer Society: Responsible for assisting in various activities.

Honor:

- Presidential Scholarship at New Jersey City University
- Dean's List, New Jersey City University
- Student Achievement and Excellence Awards, Hudson County Community College.
- Dean's List, Hudson County Community College
- Phi Theta Kappa International Honor's Society
- The National Society of leadership and Success
- Magna Cum Laude honors

Award:

- I was awarded a Presidential Full Scholarship for my BS at New Jersey City University
- I was awarded a Partial Scholarship for my MS at American Society for Industrial Security (ASIS) International

Presentation:

I have given two presentations and performances of Yoga postures for NJCU student's organizations The National Society of Leadership and Success on the topic of reducing student stress while preparing for exams.

I have given an oral presentation at American Society for Industrial Security (ASIS) International, Central New Jersey Chapter, regarding the awarded Student Scholarship.

Certification:

Certified First Aid, CPR/AED by American Red Cross

Miscellaneous:

Bi-lingual-English / Mandarin-Chinese (Native fluency with ability to speak, read, and write)