

To: Center for Faculty Development
From: Jean Ellis-Sankari
Re: Faculty Development Activity Report
Date: December 4-2005

I received funding to participate in an individualized teaching training to be certified as a kundalini yoga instructor. This training took place during the spring, summer and fall of 2005. As part of my training I completed individualized instruction with Guru Darshan K. Wilson who is an internationally certified yoga instructor and most qualified to provide the instruction I required. I completed a forty day kriya, which was uninterrupted and consisted of a daily practice and meditation set that focused on strengthening the entire body/mind and elicited energetic changes and spiritual insights. I completed assigned readings and wrote journal entries accordingly as part of processing and integrating the information necessary to serve in the capacity of yoga instructor. I met on three occasions with the instructor for tutorial work spanning 4-6 hours per meeting. These instructional times included doing rigorous yoga sets, discussion of philosophy and teachings of the Great teachers, ethics involved and protocol for teaching yoga, as well as processing application of yoga technology in my life. This training was a powerful tool in self development and also extremely helpful in honing my skills as a teacher in general.

I received my certification in October, 2005. As part of the criteria for completion I arranged and taught a class for students, faculty and staff at UNM-Taos through the CASA program under the direct supervision of Guru Darshan Wilson who also met with me following the class and provided feedback about the teaching she observed.

I plan to offer yoga classes next spring as part of a wellness series and stress reduction program for students, faculty, staff and the community as part of a new wellness initiative that is being designed in cooperation with students in the Holistic Health and Healing Arts introductory class. We plan to create an opportunity twice a month to offer a holistic health clinic that will focus on offering students a healing circle for wellness support. I will periodically teach yoga and invite guest presenters and students to participate in the healing circles sponsored by the Academy of Holistic Health and Human Services.