

INSTRUCTORS

The majority of our faculty have studied Yoga extensively with Master yogi, Baba Hari Dass and have practiced for decades under his disciplined guidance, both at Mount Madonna Center in California, at Salt Spring Centre in British Columbia, Canada, through the Ashtanga Yoga Fellowship in Toronto, Canada and at Sri Ram Ashram in Haridwar, India. All senior faculty have 20-35 years of Yoga teaching experience and immersion in its practice.

In addition, many have studied with other renowned professionals and Yoga masters in the philosophy and practice of yoga. Our school and faculty is approved by The Yoga Alliance, the only national organization that qualifies Yoga courses and teachers in the United States. The School of Yoga offers teacher training (non-degree) programs, and all faculty are well qualified to teach at this level. Most faculty members teach at both the 200 and 500-hour levels.

Kara Braden, B.A. Sonoma State University, 2004. Kara completed the 200-hour yoga teacher training with the Mount Madonna Center in 2005, teaching in the LA area and apprenticing/assisting with MMC programs and trainings since then. She has also studied at the Bihar School of Yoga in Munger, Bihar, India under the guidance of Swami Nirajananda, an experience that reinforced her return to continue to learn and grow in the tradition of yoga with Baba Hari Dass and living in the yoga community of Mount Madonna since 2008. She teaches within the asana and pranayama/meditation portions of the trainings.

Badri Dass, Ph.D. is currently both a yoga teacher and practicing clinical psychologist. He brings over 30 years of experience in both disciplines. Badri's main interests are in the applicability of classical yoga theory and practice with modern psychotherapy and the teachings of nondualism. He is a skillful meditation teacher, highlighting awareness and self-inquiry methods. In teaching philosophy he has a passion for distilling the essence of many wisdom traditions and experiencing an integrated understanding.

John Dayanand Diffenbaugh, BA is editor of *The Yoga Sutras of Patanjali, A Study Guide for Book I, Sadhana Pada* and *Book II, Sadhana Pada*. He teaches Yoga philosophy, meditation, and related practices (1974-present) at Mount Madonna Center, Salt Spring Center (British Columbia, Canada), Ashtanga Yoga Institute (California), Ashtanga Yoga Fellowship (Toronto, Canada) and Sri Ram Ashram (Haridwar, India). He is a Founding Board Member of Hanuman Fellowship, Founding Director of Mount Madonna Center, a Trustee and teacher of World Religions at Mount Madonna School, a Founding Board Member of Mount Madonna Institute, and a Trustee of Sri Ram Orphanage. John has been a student of Master Yogi, Baba Hari Dass since 1973, when he began studying the Yoga sutras in depth. Since 1980 Dayanand has been teaching Patanjali's *Yoga Sutras* alongside Baba Hari Dass at weekly classes at Mount Madonna Center.

Judith Sarada Diffenbaugh, Ph.D. teaches Yoga philosophy, meditation and related practices (1974-present) at Mount Madonna Center, Yoga Institute (Santa Cruz) and Sri Ram Ashram (Haridwar, India) and edits the writings of Baba Hari Dass. Judith earned her Ph.D. in education from Stanford University in 1992, and holds a California State Lifetime K-12 Teaching Credential and Reading Specialist Credential. She is a founder of both Mount Madonna Center and Mount Madonna School and was principal of MMS (1988-2008). She is the President of Sri Ram Foundation.

Janardan Kieran Farley, B.A. has been a practitioner of yoga since 1972 and has been a student of Baba Hari Dass since 1974. He has been a resident of Mount Madonna Center since its

inception in March 1978, serving the community as a Personnel Administrator, Construction Supervisor, Yoga Instructor, Pujari (priest) of Vedic Ceremonies, and Head of Development and Operation of the Sankat Mochan Hanuman Temple Complex. His primary area of study and teaching for Mount Madonna Center is focused on Ashtanga Yoga, Bhakti Yoga, Tantra Yoga, and Vedic Rituals. He has served as a Board Member of the Sri Ram Foundation for many years and has been actively engaged in the Sri Ram Orphanage Project in India since 1984.

Gerald Brajesh Friedberg, Ph.D designed the original curriculum for the 200-hour yoga teacher-training program. He holds several degrees and directorships. B.A. (Honors), Cornell University, 1960; Ph.D., Harvard University, 1965; Teaching Fellow, Harvard University, 1962-64, Assistant Professor, Political Science, University of California, Davis, 1964-68; Associate Professor, Fordham University, 1968-70; founder-director, The Lorillard Children's School, 1969-70; co-founder-director, Arrakis Educational Center, 1970-71; Program Director, MMC, 1981-present; 19 years on the MMC Board of Directors; Principal, Mount Madonna School, 1984-85 to 1989-90; administrator, Mount Madonna School, 1980-1984 and 1990-2002; teacher at yoga retreats, in yoga teacher training programs at the 200 and 500-hour levels, to students in the Yoga, Service, and Community program, and in talks to other groups, offering talks and classes which include Ashtanga Yoga, Meditation, Pranayama, Yoga and Social Responsibility, Karma Yoga, Gandhi and the Gita and Teaching Yoga – 1979-present.

Soma Goresky, M.S. is a practicing geotechnical engineer with a consulting firm in the Bay area. As a practicing yogi and student of Baba Hari Dass, Soma has been teaching methods of pranayama and meditation to visitors of Mount Madonna Center since 1990. She strives to help students be successful in making formal spiritual practice a part of their daily lives. Soma teaches ongoing classes at Mount Madonna in beginning and intermediate breathing practices and meditation and has undertaken an in depth study of the yoga philosophy as presented in Patanjali's *Yoga Sutras*. She has taught and led study groups exploring these ancient principles for over 20 years.

Ginger Hooven, B.A. is coordinator of the YTT 500 program and is a senior teacher in the asana portions of both YTT 200 and YTT 500. She has been teaching in the Mount Madonna Center Yoga Teacher Trainings since 2005. In addition to her studies at Mount Madonna, she completed a 700-hour Yoga Teacher Training with the Yoga Research and Education Center (2001-2002) led by Georg Feurstein. Ginger has two years of graduate studies in Philosophy at Memphis State University. She has taught Spanish at Mount Madonna Middle and High School, has been an assistant instructor at Cabrillo College Anatomy and Physiology and is a Certified Ayurveda Practitioner.

William Yogeshwar Humphrey, B.A. completed a 200-hour Yoga Teacher Training certification at Mt. Madonna in 2008, and he's since been a resident staff instructor, teaching pranayama, meditation, and asana on a weekly basis and in Mt. Madonna's seasonal yoga retreats. William has also studied Yoga, Samkhya, and Vedanta philosophies with Baba Hari Dass and his students, and he's taught philosophy in various retreats and teacher trainings at Mt. Madonna. In addition, William has studied and performed Vedic rituals and Sanskrit mantras as taught by Baba Hari Dass. He also works with Mt. Madonna's residential service and learning program, Yoga, Service, and Community, helping to facilitate its educational offerings. Aside from his experience at Mt. Madonna Center, Yogeshwar taught grammar and pronunciation as an assistant teacher for the Davidson College German Department from 2002 to 2003, and he also taught English to Austrian high school students through the Austrian Fulbright Commission from 2003 to 2004. He currently teaches Y 203, Y 232, and Y641.

Iris Kalpana Kachuck, Ph.D. in Education, University of California, Berkeley, 1988; Kalpana also holds a California Community College Instructor Credential: Valid, Life and a California K-12 Teaching Credential, University of California, Santa Cruz, 1978. Kalpana has held various positions in the field of education in both research and teaching. Since 1987 she has been a Professor of Mathematics and Education at Evergreen Valley College, San Jose, Ca specializing in Developmental Mathematics and Teacher Education. Since 1980, Kalpana has been a resident staff member and Yoga Instructor at Mount Madonna Center. Her classes include the Eight Limbs of Ashtanga Yoga, Hand Mudras, Educational Learning Theory and Reflections on Teaching. She served on the Board of Directors for Mount Madonna Center for many years and on the Board of Directors at Mount Madonna School.

Kranti Mailliard, B.A. has studied and practiced Ashtanga Yoga since 1975. She has taught at Hanuman Fellowship and Mount Madonna Center yoga retreats for over 30 years and particularly enjoys teaching the Advanced Meditation Sadhana which provides the foundation of the morning practice at many of the retreats as well as weekend workshops. She co-leads yoga intensive programs which have included the five day, "Going Deeper in the Summertime," "Thanksgiving Retreat for Women" and "Women and Spirituality." Kranti is also a graphics designer and a cook in the Mount Madonna Center kitchen.

Ward Sadanand Mailliard, B.A in English, University of North Carolina, 1969. Ward has been a practitioner of yoga and student of Indian philosophy for the past 36 years. He has a deep interest in understanding how best to build bridges between cultures, and between the spiritual and practical aspects of life. He spent several years editing Baba Hari Dass' commentary on the *Bhagavad Gita* and has an abiding interest in understanding the *Gita* and exploring its relevance to modern life. For over 30 years he has been teaching at Mount Madonna Center retreats and Yoga Teacher Training programs. Other classes include the "Background of Yoga" with emphasis on the Vedas and "Subtle Body Theory." He has served for since 1976 as President of the Hanuman Fellowship, the non-profit organization, which sponsors Mount Madonna Center and is one of the founders of Mount Madonna Center. Sadanand teaches and is Vice President of the Board of Mount Madonna School where he has been developing and teaching innovative values-oriented curriculums since 1989. He serves as Vice President of the Sri Ram Foundation, which supports an orphanage, school and medical clinic in Northern India where he serves as a Trustee.

Radha Mallery has taught Ashtanga Yoga, including pranayama (breathing practices), meditation and asana in various settings including local colleges, service organizations, Pacific Cultural Center and Mount Madonna Center since 1974. Her training came directly from Baba Hari Dass and began in 1971 when he first came to the U.S. Radha also teaches Nada Yoga (Inner Sound), meditative asana and preparation to teaching beginning level Ashtanga Yoga as well as being a mentor for trainees. She was also a yoga teacher for Mount Madonna's "Women's Spring Ayurveda and Yoga" retreat for 10 years. Since 1987 Radha has co-facilitated and taught the "Going Deeper" program created by Baba Hari Dass, an annual silent retreat at Mount Madonna Center. Radha serves on the membership committee of Hanuman Fellowship/Mount Madonna Center. She has been the Director of Volunteer Services for Hospice of Santa Cruz County since 1998. Her role in Hospice requires her to teach volunteers how to provide spiritual, emotional and practical support to people at the end of life.

Jaya Maxon has been a Yoga instructor since 1975. She has coordinated yoga retreats and Yoga Teacher Training intensives at Mount Madonna Center for 30 years and has been the coordinator of the YTT 200 program since its inception in 1981. She began her training in yoga in 1974 when she became a student of Baba Hari Dass, learning the methods of Hatha Yoga and Ashtanga Yoga

directly from him and from the earliest of his students in this country. She has been serving as a Board Member of Hanuman Fellowship/Mount Madonna Center since 1985 and currently manages the office of Sri Ram Foundation. She is faculty for courses: 201, 222, 230-232, 235, 266, 530-532, and 540.

Mangala Roberta Norskog, B.A., R.N., CMP has taught asana and breathing exercises to people of all ages in a variety of settings that include spas, yoga studios, gyms and the county jail. She completed the Mount Madonna Center Yoga Teacher Training in 1996, apprenticed in the program 1997-98, and has been a senior staff instructor since 1999. Mangala's teaching style integrates aspects of devotional intention, anatomical reference and subtle body physiology into classical methods of asana, pranayama, and meditation practice. She teaches Yoga cleansing practices and leads weekend workshops in "Asana and Sacred Sound." She serves on the Yoga Administration for Pacific Cultural Center in Santa Cruz. She is also an Ayurveda Practitioner.

Lirio Ohlson, M.A. has studied the system of yoga taught by Baba Hari Dass for 25 years. She has taught yoga for 17 years to people of different ages and abilities and helped create the teaching manual used in both the YTT 200 and YTT 500 courses. Lirio primarily teaches in the asana program.

David Vishwamitra Prisk, B.S. in Business and Industrial Management, San Jose State College, 1967. David became a student and practitioner of Yoga at Yoga Divya Mandir in northern India in 1970. Having been a teacher of Ashtanga Yoga since 1971, he has taught beginning, intermediate and advanced level classes in Asana, Pranayama and Meditation to students in various settings including San Quentin State Prison, UCSC, Cabrillo College, Pacific Cultural Center and at Mount Madonna Center with a focus of integrating the practice of yoga into daily life to attain peace. At Mount Madonna Center's YTT200 and 500 programs he teaches courses 201, 230-232, 235, 530-532 and ongoing weekly classes at the Mount Madonna Center. He was a founding member of the Hanuman Fellowship and currently serves on that Board of Directors.

Pratibha Melissa Queen, B.A. in History, University of Washington 1966; Counseling Certificate UCSC Extension, 1986. She served as Resident Manager of Pacific Cultural Center and of its' *Ashtanga Yoga Institute* from 1997-2005. She completed Yoga Teacher Training at Mount Madonna Center in 1981 and has been a Registered Yoga Teacher (500) since 2002. Her yoga teaching focus is in Gentle and Restorative Yoga. She began the study of Ayurveda with Baba Hari Dass in 1980 and has also studied with Dr. Robert Svoboda, Dr. Trivedi, Dr. Marc Halpern and Dr. Vasant Lad. She graduated from the California College of Ayurveda in 2004, as a Clinical Ayurveda Specialist and currently maintains a small clinical practice in Santa Cruz. Her classes at Yoga Teacher Training include "Introduction to Ayurveda," "Prana and Asana," "Restorative Yoga," and "Ayurveda and Asana." She has also taught in the weekend Spring Retreat for Women at MMC (1997-2006). She is currently serving as a Board member of Mount Madonna Institute.

Bhavani Siegel has been a teacher of yoga as taught by Baba Hari Dass since 1975 in the areas of Pranayama and Meditation. She also teaches Yoga philosophy, symbolism in Yogic ritual, Bhakti Yoga, Sacred Sound, and Sanskrit and Mantra. Bhavani is coordinator of Mount Madonna Center's residential work/study program, "Yoga, Service and Community," where she leads participants in experiencing life and practice in a community dedicated to the principles of Yoga. For over 30 years Bhavani has coordinated and taught the "Going Deeper" small group retreat, which involves intensive practice for more advanced students. She teaches in the teacher training programs at both Mount Madonna Center and at Salt Spring Centre of Yoga in B.C., Canada. She received an Early Childhood Education Credential from Cabrillo College in California in 1976,

and was Head Teacher and Co-Director of several Preschool/Kindergarten programs until 1994. This led her to teach Children's Yoga at Mount Madonna School and at Sri Ram Orphanage in northern India. Bhavani teaches in course numbers: 201, 204, 205, 232, 253, 532, 540, 542, and 633.

Ratna Jennifer Sturz, M.A. has taught at Mount Madonna Center's Yoga Teacher Training programs and retreats for over 30 years. She is currently acting director of the Mount Madonna Institute School of Yoga and is a Board member of the Mount Madonna Center and Mount Madonna Institute. As Director of Pacific Cultural Center in Santa Cruz, Ca, Ratna helped form the *Yoga Institute*, which has been offering daily yoga classes since 1991. She received her M.A. from Santa Clara University in Counseling and Health Psychology and is currently training with the American Viniyoga Institute in a 400 hour program emphasizing the integration of yoga theory and practice in preparation for yoga therapy. She is faculty for courses 201-202, 230-232, 530-532 and the 628-629 'Meditation Intensive.'

Carrie Symons, M.A., B.F.A has a degree in Education with an emphasis in Curriculum and Instruction. She began practicing yoga in 2003, and in 2005, she received her 200-hour Yoga Teacher Certification from Mount Madonna Center. She has extensively studied other yoga traditions, including Bikram and Anusara, and she continues her studies of Ashtanga Yoga with Baba Hari Dass. After spending 10 years in the elementary classroom, Carrie is expanding the application of her capacities as a resident yoga teacher, a facilitator in Mount Madonna Center's *Service and Learning* program, and a curriculum specialist. She is involved with the following courses: YTT 200: Asana 240 – 245, 248 – 250; Teaching Methodology & Ethics 270 – 272 YTT 500: Asana 575 – 577, 580, 581; Teaching Methodology 570 – 572 Asana Intensive: 600 – 603, 608, 609.