

# Stanford

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## Edward Rene DesMaisons

Summer CSP Instructor

Continuing Studies and Summer Session

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### Bio

#### BIO

A graduate of Stanford Business and Harvard Divinity schools, Ted DesMaisons trained to teach mindfulness with Jon Kabat-Zinn and others at the University of Massachusetts Medical School and has studied, taught and performed improvisation internationally, including with Patricia Ryan Madson at Stanford and BATS Improv in San Francisco, CA. He is one of a small group of registered trainers who have worked with renowned UK acting and voice coach, Patsy Rodenburg.

Currently, he teaches Playful Mindfulness and personal and vocal presence through Stanford University's Continuing Studies program and through the Stanford Living Education Department. He co-hosts the Monster Baby Podcast ("a curious romp through the worlds of mindfulness and improvisation") which reaches listeners in more than 60 countries, and his first book, *Playful Mindfulness: a joyful journey to everyday confidence, calm, and connection*, has received praise for its insight, originality, relevance and humor.

He lives near the beach cliffs of Daly City, California with his quirky and charismatic spotted Ocicat, Marley.

#### ACADEMIC APPOINTMENTS

- Casual - Other Teaching Staff, Continuing Studies and Summer Session

#### LINKS

- Ted's business: [www.animalearning.com](http://www.animalearning.com)
- Ted's book: [www.playfulmindfulness.info](http://www.playfulmindfulness.info)

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### Teaching

#### COURSES

##### 2024-25

- Introduction to Playful Mindfulness: LIFE 172 (Aut, Spr)
- Introduction to Playful Mindfulness: LIFE 172A (Sum)
- Introduction to Playful Mindfulness: TAPS 172L, WELLNESS 172 (Aut, Spr)
- Introduction to Playful Mindfulness: WELLNESS 172A (Sum)