Bio

ACADEMIC APPOINTMENTS
• Academic Staff - Hourly - CSL, Medicine

Teaching

COURSES

2019-20
• Exploring Happiness: WELLNESS 111 (Sum)
• Meditation: WELLNESS 130 (Aut, Win, Spr, Sum)
• Tools for a Meaningful Life: LIFE 101 (Win, Spr)

2018-19
• Exploring Happiness: WELLNESS 111 (Sum)
• Intro to Wellness: Nutrition, Movement, Stress, and the Body: WELLNESS 124 (Aut, Win)
• Meditation: WELLNESS 130 (Aut, Win, Spr, Sum)
• Tools for a Meaningful Life: LIFE 101 (Win)

2017-18
• Exploring Happiness: WELLNESS 111 (Sum)
• Forgiveness Practice and Meditation: WELLNESS 134 (Win)
• Intro to Wellness: Nutrition, Movement, Stress, and the Body: WELLNESS 124 (Aut)
• Meditation: WELLNESS 130 (Aut, Win, Sum)
• Mindfulness and Stress Management: WELLNESS 138 (Spr)
• Tools for a Meaningful Life: LIFE 101 (Spr)

2016-17
• Exploring Happiness: WELLNESS 211 (Sum)
• Forgive for Good: Practice, Meditation, and Contemplation: WELLNESS 234 (Spr)
• Intro to Wellness: Nutrition, Stress, Movement, and the Body: WELLNESS 291 (Aut, Win)
• Meditation: WELLNESS 230 (Aut, Win, Spr, Sum)