

## CURRICULUM VITAE

**VICTORIA AUSTIN**

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I am a senior Iyengar Yoga teacher and Soto Zen priest certified internationally, with more than 35 years' experience in each discipline. I offer yoga classes, teacher training, meditation instruction, and care for sick and dying people in many different settings in the San Francisco Bay Area and other venues in the US and internationally.

### CONTACT:

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### CERTIFICATIONS

- Right Use of Power facilitator since 2019
- International Association of Yoga Therapists since 2017
- Yoga Alliance E-RYT 500 since 2015
- Iyengar Yoga Teacher Trainer, Northern California region, since 2004
- Certified Iyengar Yoga Teacher since 1988
- Kokusai Fukyoshi (International Zen Teacher) since 2007
- Dharma Transmission (Zen Meditation Teacher) 1999

### EDUCATION

- Trauma Sensitive Mindfulness, 2019 ff
- Iyengar Yoga Therapeutics Training, Iyengar Yoga Institute of Los Angeles, 2018-9; Ramamani Iyengar Memorial Yoga Institute (B.K.S. Iyengar and Geeta Iyengar), 1990s - 2014
- Zuisse preparation and ceremonies at head Zen temples in Japan 2005; annual continuing education workshops since 1991
- Iyengar Yoga Therapeutics Training and Continuing Education, since 1988
- Graduate of Iyengar Yoga Institute of San Francisco Teacher Training Program, 1988
- Head Monk, Tassajara Zen Mountain Center, 1987
- Joint Professional Degree in Architecture and Urban Planning, Princeton University, 1975

### CURRENT AND UPCOMING WORK

- Established Trauma-Sensitive Asana and Pranayama online classes & intensives since the start of the Covid pandemic
- Established online study groups meeting 1-2x/ month online since the start of the Covid pandemic: “Great Vow” for students from the Zen and yoga communities; “Certified Iyengar Yoga Teachers” for ongoing professional support; “Soto Zen Priests” for ongoing professional support
- Pop-up online study and practice groups since the start of the pandemic 1x/week for a month on specific topics, such as “Dai Hi Shin Dharani,” “Bhavanakrama of Kamalasila,” “Somatic Koans in Zen”
- IYNAUS Certification Assessor since 2008
- Continuing Education for Certified Iyengar Yoga Teachers — teaching skills practicum March-April 2018 at Iyengar Yoga Institute of San Francisco, Iyengar Yoga South Bay, San Jose, and Adeline Yoga, Berkeley
- “Meditation Posture Fridays” monthly at San Francisco Zen Center
- “Pranayama in the Morning” one-week immersion twice annually at Iyengar Yoga Institute of San Francisco
- Dharma Teacher, San Francisco Zen Center, since 1999
- Workshops and Retreats on Zen and Yoga — nationally and internationally, since 1990
- Attend to sick and dying people as part of priest work (usual patient load 2-3) since 1987

#### SAMPLE OF PAST TEACHING

- IYNAUS Certification Appeals Committee 2017-2020
- Iyengar Yoga National Association of the United States (IYNAUS) — Continuing Education in Ethics for Certified Teachers — June 30, 2018, at Iyengar Yoga Institute of San Francisco (IYISF) and online
- A Month of Asana for People with Health Conditions — annually in September at IYISF
- Dharma Teacher at Large, San Francisco Zen Center, 2007-16
- Outreach Director, San Francisco Zen Center, 2006-7
- President, San Francisco Zen Center, 2000-5, included HR
- Resident Teacher, Tassajara Zen Mountain Center, 1998-2000
- Director, Beginner’s Mind Temple, San Francisco, 1995-8
- Head Cook, Beginner’s Mind Temple, San Francisco, 1992-5
- Variety of positions, San Francisco Zen Center, 1978-92
- Designer-Draftsperson positions, 1975-78, included work on several bank interiors for Sumitomo; house renovations; two parks in Princeton for People’s Workshop; variety of drafting, specification-writing, and inspection tasks

#### SAMPLE OF PAST WRITING

- “Pain Without Suffering” — online course on rukuku.com, 2016

- “Yoga for Headaches” — presentation and course materials for health providers, proposed pilot clinical study, 2015 ff.
- “The Seated Meditation Posture for a Woman’s Life” — article in *Receiving the Marrow*, 2014.
- Articles on Body Mind Study of the Way in various books 2000’s: “Body and Mind Study of the Way,” “Zen or Yoga?” “Vow,” “Impact: Accidental Zen — How the Three Pure Precepts Helped Me Heal Self and Others”
- “Enlightening the Shadow Being, Nourishing the Hungry Ghost,” *Wind Bell*, 1991.