

Curriculum Vitae

Chase Bossart, M.A., E-RYT 500

CONTACT

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EDUCATION

Master of Arts, University of California, Santa Barbara, CA 2006
Department of Religious Studies,
Research Interest: Yoga texts, Indian Philosophy, Sanskrit
Thesis on Patañjali's Yogasūtra

Bachelor of Arts, Colgate University, Hamilton, NY 1992
Department of Philosophy & Department of Religion
Major: Philosophy & Religion

Madras Sanskrit College, Chennai, India April 2003 - September 2004
Individual studies in Sanskrit including traditional memorization of *śabdās* & translation of texts.

PROFESSIONAL APPOINTMENTS

Yoga as Therapy North America November 2012 - Present
A yoga therapist training institute
Co-Director: responsible for general administration and admissions.
Instructor: responsible for presenting on a wide range of yoga therapy material.

Healing Yoga Foundation, San Francisco, CA September 2006 - July 2012
A non-profit yoga therapy clinic & yoga teacher training institute
Director of Therapy: responsible for the management and oversight of all yoga therapy and yoga therapists including oversight of cases, evaluation of the practice protocols created by the yoga therapists, mentoring of the yoga therapists, and excepting all administrative responsibilities.
Director of Education: responsible for the management and oversight of 5 yoga teacher training programs in Chicago, New York & San Francisco including creation of the curriculum, oversight of the teaching, coordination of the teachers, and administration of all aspects of the program except marketing & finance.
Senior Yoga Therapist: taught individual, one-to-one yoga therapy for a wide range of physical, mental & emotional issues. Taught group yoga classes for patient populations affected by PTSD / trauma, chronic pain, parkinson's and diabetes.
Senior Teacher: teacher of all aspects of the teacher training programs including in-depth sections on *āsana*, *prāṇāyāma*, meditation & several Indian anatomies including *pañcamaya* model & subtle anatomy model.

Krishnamacharya Healing & Yoga Foundation Yoga Therapy Training May 2007 - June 2011
Training Assistant: assisted all training aspects of the program in the USA except administrative tasks including participating in all classes, grading all exams and homework, mentoring participants and serving as a resource during and outside of the training.

Yoga Health Alliance, Santa Barbara, CA January 2005 - September 2006
An integrative health cooperative between Yoga Therapists & Medical Professionals
Yoga Therapist: taught individual, one-to-one yoga therapy for a wide range of physical, mental & emotional issues. Taught group yoga classes for patient populations affected by alzheimer's, dementia, chronic pain and multiple sclerosis.

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YOGA TRAINING

Yoga Therapy Clinical Internship at KYM

March 2003 – September 2004

Lived in Chennai, India, studying individually on a daily basis with Mr. TKV Desikachar and at the Krishnamacharya Yoga Mandiram (KYM) including becoming a KYM teacher. Taught private therapeutic yoga classes to KYM clients under the direction of Mr. TKV Desikachar and senior KYM teachers. Completed two separate month long internships as part of the KHYF Yoga Therapist training 2011-2012

Krishnamacharya Healing & Yoga Foundation Yoga Therapy Training

June 2007 - July 2012

Completed the India batch of the KHYF Yoga Therapist Training, but was not certified due to the demise of the organization.

Personal Student of Mr. TKV Desikachar

September 1991 - Present

Studied individually with Mr. TKV Desikachar for over 20 years including many month+ long trips to Chennai. Altogether spent more than 4 years in Chennai, India studying a wide range of yoga and yoga therapy topics with Mr. Desikachar, his family and the teachers at the Krishnamacharya Yoga Mandiram. During this time, also travelled extensively to participate in a significant number of Mr. Desikachar's seminars.

Small Group Studies with Kausthub Desikachar

November 2002 - July 2012

In-depth studies of many yoga and yoga therapy topics in a small, invitation-only group of 20+ students that met one to two times a year for one month. During this time, also travelled to participate in a significant number of Kausthub Desikachar's seminars.

YOGA TEACHING

Teacher Training Programs

October 2006 - June 2013

Created the curriculum for and was lead teacher for five 500 hour yoga teacher training courses in the tradition of Sri Krishnamacharya & Mr. TKV Desikachar for the Healing Yoga Foundation in Chicago, New York and San Francisco. Content of the trainings included detailed presentation of:

- proper techniques for practicing a large number of *āsanas*, *prāṇāyāmas* & meditations,
- principles of course planning including how to create effective, efficient *āsana*, *prāṇāyāma* & meditation practices as well as how to modify them to the capabilities and needs of specific individuals,
- practical oversight, mentoring & demonstration of course planning for course participants,
- yoga philosophy including history & background of Indian Philosophy, in-depth presentation of Patañjali's *Yogasūtra* & overviews of important yoga texts,
- yoga practice as path, translation of yoga ideas into practical application in daily life,
- teaching methodologies for both group classes and personalized, one-to-one private classes, and
- vedic chanting including proper pronunciation and rules of vedic chanting,

Seminars

January 2005 - Present

Created and taught 2-7 day seminars on the following topics:

General

San Francisco, July 10th -12th, 2009, *Introduction to Krishnamacharya & Desikachar Yoga Tradition*

Bend, August 22nd - 24th, 2009, *The Yoga of Transformation*

Dallas, December 4th - 6th, 2009, *The Yoga of Transformation*

San Francisco, April 1st - 3rd, 2011, *Introduction to Krishnamacharya & Desikachar Yoga Tradition*

Austin, November 8th - 10th, 2013, *Teaching Methodology*

Bhagavad Gītā

Austin, September 16th - 18th, 2011, *Distilling the Teachings of Yoga*

Austin, February 24th - 26th, 2012, *Distilling the Teachings of Yoga*

Chicago, September 21st - 23rd, 2012, *Finding the Hero Within: Yogic Perspectives on Difficult Decisions*

New Orleans, November 9th - 11th, 2012, *Bhagavad Gītā: Ancient Advice for Modern Times*

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Yogasūtra - General

Chicago, August 15th - 17th, 2009, *Practical Application of Yogasūtra*
Bend, May 7 - 9th, 2010, *Yoga Body, Yoga Mind*
Halifax, NS, November 20-21st, 2010, *Application of Yoga in Daily Life*
Encinitas, February 17th - 19th, 2012, *Introduction to Patañjali's Yogasūtra*
Nashville, March 8th - 10th, 2013, *Yogasūtras - An Essential Overview*

Patañjali's Yogasūtra, Chapter 1 (word-by-word over 3 days)

Portland, Part 1 April 2007, Part 2 June 2007, Part 3 October 2007 (entire 1st Chapter)
Dallas, Part 1 June 2008, Part 2 December 2008, Part 3 March 2009 (entire 1st Chapter)
Portland, Part 1 March 2010, Part 2 August 2010, Part 3 December 2010 (entire 1st Chapter)
Portland, Part 1 January 2012, Part 2 March 2012, Part 3 June 2012, entire 1st Chapter)
Austin, Part 1 November 2012, Part 2 July 2013,
San Diego, Part 1 August 2012, Part 2 January 2013,
Portland, Part 1 February 2013, Part 2 April 2013, Part 3 June 2013

Patañjali's Yogasūtra, Chapter 2 (word-by-word over 3 days)

Portland, Part 1 January 2009, Part 2 July 2009, Part 3 October 2009 (entire 2nd Chapter)
New Orleans, Part 1 July 2009, Part 2 December 2009, Part 3 March 2010 (entire 2nd Chapter)
Portland, Part 1 January 2011, Part 2 April 2011, Part 3 November 2011 (entire 2nd Chapter)
San Diego, Part 1 May 2013, Part 2 October 2013, Part 3 February 2014 (entire 2nd Chapter)
Austin, Part 1 November 2013

Patañjali's Yogasūtra, Chapter 3 (word-by-word over 3 days)

Portland, Part 1 January 2010, Part 2 October 2010 (entire 3rd Chapter)
New Orleans, Part 1 February 2011, Part 2 June 2011 (entire 3rd Chapter)
New York, December 10th - 11th, 2011 (selected *sūtras*)
New York, December 8th - 9th, 2012 (selected *sūtras*)
Halifax, NS, September 27th - 29th, 2013, Part 1
Portland, November 1st - 3rd, 2013, Part 1

Patañjali's Yogasūtra, Chapter 4 (word-by-word over 3 days)

Portland, October 7th - 9th, 2011 (entire 4th Chapter)
New Orleans, January 27th - 29th, 2012, (entire 4th Chapter)

Course Planning Asana

Portland, October 23rd - 25th, 2009 *Course Planning for Asana*
Portland, January 7-9th, 2011, *Course Planning for Asana, part 1*
New York, July 16th - 17th, 2011, *Course Planning for Asana, part 2*
Portland, February 1st - 3rd, 2013, *Course Planning for Asana, part 1*
Portland, April 12th - 14th, 2013, *Course Planning for Asana, part 2*

Course Planning Pranayama

Portland, March 19th - 21st, 2010, *Developing Ratios for Pranayama*
Portland, April 15th - 17th, 2011, *Developing Ratios for Pranayama*
Austin, July 13th - 15th, 2012, *Course Planning for Pranayama*
Online, April 27th - 28th, 2013 *Pranayama Ratios: Tricks of the Trade*
Portland, April 12th - 14th, 2013, *Breathing Ratios in pranayama, part 1*
Portland, June 14th - 16th, 2013, *Breathing Ratios in pranayama, part 2*
Austin, July 12th - 14th, 2013, *Course Planning for Pranayama*

Sanskrit

New Orleans, August 27-29th, 2010, *Sanskrit for Yoga Practitioners & Teachers*

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Mantra

San Francisco, August 4th - 5th, 2007, *Vedic Chanting - An Introduction*
Portland, October 19th - 21st, 2012, *Mantra - An Experiential Overview*
Sturgis, January 18th - 21st, 2013, *A Yogic Journey into Sound & Vibration*
Online, February 15th - 17th, 2013, *Mantra: An Experiential Overview*

Meditation

Omega Institute, August 12th - 15th, 2004, co-presenting w/ Mr. TKV Desikachar & Kausthub Desikachar,
Meditation & Spiritual Transformation
Tucson, August 9th - 12th, 2007, *Introduction to Meditation*
Tucson, June 25th - 28th, 2009, *Meditation as Healing*
Portland, August 20-22nd, 2010, *Developing a Meditation Practice*
Chicago, December 3-5th, 2010, *Clear Mind, Open Heart: Approach Meditation through Yoga*
Portland, December 10-12th, 2010, *Selecting Objects for Meditation*
Dallas, April 29th - May 1st, 2011, *Meditation and Mantra*
Chicago, July 23rd - 24th, 2011, *Meditations in Nature: An Experiential Weekend*
Austin, August 26-28th, 2011, *Creating Experience: Course Planning for Meditation*
Chicago, October 14th - 16th, 2011, *Approach Meditation Through Yoga*
Portland, November 11th - 13th, 2011, *Meditation Course Planning*
Portland, January 20th - 22nd, 2012, *Choosing a Meditation Object*
Online, September 15th - 16th, 2012, *Meditation Course Planning*
Austin, July 13th - 15th, 2012, *Overview of Meditation*
Austin, July 12th - 14th, 2013, *Overview of Meditation*

Yoga Therapy

New Orleans, August 27-29th, 2010, *Therapeutic Application of Yoga*
Nashville, July 8-10th, 2011, *Foundations of Yoga Therapy*
San Francisco, July 25th-29th, 2011, *Introduction to Yoga Therapy*
Nashville, December 2nd - 4th, 2011, *Yoga Therapy: Relieving Chronic Pain*
Biloxi, January 30th - 31st, 2012, *Yoga for Healing*
Fort Walton, January 31st - February 2nd, 2012, *Yoga for Healing*
Portland, March 16th - 18th, 2012, *Foundations of Yoga Therapy, part 1*
Online, May 20th, 2012, *Yoga Rahasya on Pregnancy*
Portland, June 15th - 17th, 2012, *Foundations of Yoga Therapy, part 2*
Nashville, March 23rd - 25th, 2012, *Yoga Therapy - Course Planning for Physical Practices*
San Francisco, June 27th - July 1st, 2012, *Foundations of Yoga Therapy - An Intensive*
Feathered Pipe Ranch, July 29th - August 4th, 2012, *Yoga, the Power to Heal: Therapeutics of Breath, Movement & Sound*
Portland, October 19th - 21st, 2012, *5 Elements in Yoga Therapy*
New Orleans, March 1st - 3rd, 2013, *5 Elements in Yoga & Āyurveda*
Feathered Pipe Ranch, July 20th - 26th, *Yoga Therapy: Therapeutics of Breath & Movement*
Chicago, November 15th - 17th, 2013, *Foundations of Yoga Therapy*
Calgary, December 6th - 8th, 2013, *Yoga & Āyurveda for a Balanced Life*

Yoga Rahasya

Seattle, April 5th - 6th, 2009, *Yoga Rahasya - An Overview part 1*
Seattle, April 16-18th, 2010, *Yoga Rahasya - An Overview part 2*
Online, March 31st - April 1st, 2012, *Yoga Rahasya - An Overview*
Online, August 17th - 18th, 2013, *Yoga Rahasya - An Overview*

Yoga's Subtle Anatomy

Tucson, June 1st - 3rd, 2007, *Yoga's Subtle Anatomies*
Tucson, February 26th - March 1st, 2009, *Yoga's Subtle Anatomies*
Dallas, June 18-20th, 2010, *Yoga's Subtle Anatomies*

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Yoga Presentations

Massachusetts Institute of Technology, Sloan Business School, Innovation Program
October 20th, 2008, *Yoga & Leadership: How to Lead Confidently*

Yoga Journal Conferences

Estes Park, CO, September 22nd - 26th, 2009 co-presented w/ Mr. TKV Desikachar

- *Meditation as Medicine*
- *Pranayama: The Therapeutic Application of Breath*
- *The Power of Sound: The Therapeutic Application of Mantra & Chanting*
- *Four Stages of Healing*
- *The Yoga of Breath and Mind*
- *Meditation as Medicine*
- *Yogasutra: The Practical Applications of Yogasutra for Daily Living*
- *Definitions of Yoga*

Estes Park, CO, September 25th - 26th, 2009

- *Yoga Therapy: Yoga as a Holistic Approach*
- *Yoga is Meditation*

San Francisco, February 1st, 2010, co-presented w/ Kate Holcombe

- *Individualized Application of Yoga for Healing*

Loyola Marymount University, Yoga Therapy Rx program, Los Angeles, CA

- February 11th, 2007, *Yoga Therapy & the Digestive System*
- April 15th, 2007, *Yoga Therapy & the Nervous System*
- July 15th, 2007, *Yoga Therapy & the Endocrine System*
- February 8th, 2008, *Yoga Therapy & the Digestive System*
- January 26th, 2009, *Yoga Therapy & the Digestive System*
- February 20th, 2010, *Yoga Therapy & the Respiratory System*
- February 16th, 2011, *Yoga Therapy & the Respiratory System*
- February 12th, 2012, *Yoga Therapy & the Respiratory System*
- February 9th, 2013, *Yoga Therapy & the Respiratory System*

St. Charles Medical Center, DEFEAT Cancer, Bend, OR

- February 9th, 2009, *How Yoga Can Help Your Cancer Journey*

Ananda Seva Yoga Therapy Training, San Rafael, CA

- June 1st - 2nd, 2011, *Yoga Therapy for Chronic Pain*
- January 25th - 26th, 2011, *Yoga Therapy for Chronic Pain*

PUBLICATIONS

What Prepares a Yoga Therapist?

Bossart, C. Claney, A. *International Journal of Yoga Therapy*, Vol. 19, Nov 2009

Yoga Bodies, Yoga Minds: How Indian Anatomies Form the Foundation of Yoga for Healing

Bossart, C. *International Journal of Yoga Therapy*, Vol. 17, Nov 2007

The Yoga of Healing: Exploring Yoga's Holistic Model for Health and Well-Being

Desikachar, K. Bragdon, L. Bossart, C. *International Journal of Yoga Therapy*, Vol. 15, Nov 2005

The Other 23 Hours

Bossart, C. *LA Yoga Magazine*, 2007

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YOGA RESEARCH

Vanderbilt Center for Integrative Health

Consultant / Developer of Yoga Protocols:

Mind-body Therapies for Patients with End-stage Renal Disease May 2008 - Present

The first study to examine the feasibility & safety of intra-dialysis yoga for patients with end-stage renal disease. The patients practice yoga in their chairs while undergoing kidney dialysis treatments. Project funded by the NIH as a K-23 Career Development Award.

Principle Investigator: Gurjeet Birdee, MD

Mind-body Practices for Patients with Metabolic Syndrome April 2010 - Present

A study on the feasibility of yoga with health education as compared to health education alone among patients with metabolic syndrome. Project funded by The Vanderbilt University

Medical Center. Principle Investigator: Gurjeet Birdee, MD

Focused Breathing Study

August 2012 - Present

Principle Investigator: Gurjeet Birdee, MD

YOGA MEMBERSHIPS

IAYT Membership #18663

Yoga Alliance #32928 E-RYT 500 since 2006