

Śraddhā Laura Dorsett, MTS, RYT-500  
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### **Experience Summary:**

Śraddhā Laura Dorsett has been serving the health and wellbeing of individuals and organizations since 2001. A meditation teacher with the Insight Meditation Community of Washington, Śraddhā is skilled at making mindfulness accessible in a wide variety of settings. She has provided employee mindfulness classes at Verisign Inc, Anne Arundel Medical Center, Harvard Medical School, Children's National Medical Center, the American Academy of Pediatrics, PM Pediatrics, the Organization of American States Federal Credit Union, Brigham and Womens' Hospital, the Organization of American States, Inova Fairfax Hospital, Dana-Faber Cancer Institute, Healthy Directions LLC, and Software Performance System, among others. She has also taught mindfulness to students and faculty at a multitude of schools in the DC area and New England.\* Śraddhā is the founder of S A R V A L A, where she offers weekly meditation livestreams, one-on-one mindfulness consulting, and vedic astrology sessions, in addition to leading group classes, retreats and workshops.

### **Education:**

<u>Harvard Divinity School</u> , Cambridge, MA Master of Theological Studies, Hindu/Buddhist Studies & Contemplative Medicine in Partnership with Harvard Medical School	2007-2009
<u>The George Washington University</u> , Washington DC, B.A.	1996-2000
<u>Johns Hopkins University</u> , Baltimore, MD	1994-1996
<u>The Holton-Arms School</u> , Bethesda, MD	1994

### **Teaching Experience:**

<u>THE pearl spa + modern boutique</u> , Columbia, MD Therapeutic Yoga and Vedic Astrology Services	March 2022-Present
<u>Insight Meditation Community of Washington</u> Dharma Teacher	January 2011-Present
<u>Verisign, Inc.</u> , Reston, VA Consecutive Annual Contracts	September 2020-Present
<u>Organization of American States Federal Credit Union</u> , Washington DC Consecutive Annual Contracts	March 2020-2022
<u>Organization of American States</u> , Washington DC Consecutive Annual Contracts	2017-Present
<u>Healthy Directions, LLC</u> , Bethesda, MD Consecutive Annual Contracts for Employee Mindfulness Classes	2016-Present
<u>Improbable, LLC</u> , Arlington, VA Weekly Mindfulness Clases	February 2021

<u>PM Pediatrics</u> , Rockville & Annapolis, MD Locations Online Mindfulness Program to Address Physician Stress Amidst Covid Outbreak Multiple Mindfulness In-Person Trainings for Physician Wellness	April 2020 2018 - 2019
<u>Childrens' National Hospital</u> , Washington DC Multiple Mindfulness Programs for Physician Wellness Physician Wellness Retreats & Mindfulness Classes at Childrens' Hospital	2018-2019
<u>Inova Fairfax Hospital</u> , Fairfax, VA Mindfulness Programming for Pediatric Residency Program Retreat	April 2018
<u>MedChi: The Maryland State Medical Society</u> , Annapolis MD Physician Wellness & Mindfulness Presentation for MedChi Annual Conference	May 2017
<u>American Academy of Pediatrics</u> , Washington DC Mindfulness Presentation and Guided Meditation for Physician Wellness	February 2017
<u>Kaplan Center for Integrative Medicine</u> , McLean VA 8-Week Wellness Classes on a Variety of Themes Weekly 60-Minute Mindfulness Classes	2014-Present
<u>DiNenna Lee CPA</u> , Annapolis, MD 8-Week Employee Stress Reduction Course	2016
<u>Anne Arundel Medical Center</u> , Annapolis, MD Mindfulness Programming for Physician Wellness	2015
<u>Software Performance Systems</u> , Riva, MD Mindfulness Programming for Employees	2015
<u>S A R V A L A</u> , DC Metro Area & Howard County, MD Founder; online standing weekly sessions for yoga therapy & mindfulness to individuals and families	2010-present
<u>Inward Bound Mindfulness Education (iBme)</u> , Washington DC Meditation teacher on teen mindfulness retreats	2009-2015
<u>M.I.N.D.S., Inc.</u> (Mindfulness In DC Schools), Washington DC Meditation teacher to faculty and students in various DC area schools*	2009-2011
<u>The Karuna School</u> , Lincoln, MA Meditation teacher to teens	2007-2009
<u>Dana-Farber Cancer Institute</u> Mindfulness training for cancer patients and staff	2007-2008
<u>Brigham and Womens' Hospital</u> , Boston, MA Mindfulness training for patients and staff	2007-2008
<u>Harvard Medical School</u> , Boston, MA Mindfulness Training for Residents	2007-2009
<u>The Sports Club/LA</u> , (Now <u>Equinox</u> ) New York City, Washington DC, Boston, MA Full-time Pilates Instructor (private training on apparatus + weekly mat classes) Introduced private yoga therapy sessions at club 2006-2014	2001-2014

## **Professional Certifications & Training:**

<u>Awareness Training Institute / University of California Berkeley</u> Graduate: Mindfulness Meditation Teacher Certification Program Eckhart Tolle, Tara Brach, Jack Kornfield	February 2021- 2023
<u>Kripalu School of Integrative Yoga Therapy</u> 300-hr Advanced Teacher of Therapeutic Yoga, Lenox, MA	2015-2016
<u>American Academy of Vedic Art &amp; Science</u> Vedic Astrology Certification	2011-2013
<u>Inward Bound Mindfulness Education</u> , Charlottesville, VA Training to Teach Mindfulness to Teens	2009-11
<u>Spirituality and Healing in Medicine</u> , Cambridge, MA Training in Bringing Spirituality into Healing, Harvard Medical School	2007
<u>Finding Meaning in Medicine: Workshop with Rachel Naomi Remen MD</u> , Mill Valley, CA Physician Wellness Workshop	2007
<u>Flow Yoga Center</u> 200-hr Professional Yoga Teacher Training	2005-2006
<u>Mindfulness-Based Stress Reduction (MBSR)</u> , Worcester, MA Certification to Teach Mindfulness-Based Stress Reduction University of Massachusetts Medical School with Jon Kabat-Zinn	2004
<u>Authentic Pilates Method</u> 600-hour Certification with Romana Kryzanowska, New York, NY	2001

## **Professional Affiliations:**

<u>Insight Meditation Community of Washington</u> , Washington DC Mindfulness Teacher	2004-present
<u>Yoga Alliance</u> RYT-500 (Registered Yoga Teacher)	2006-present

\*Śraddha has taught mindfulness to students and faculty at the following schools:

DC Area:

*Walt Whitman High School; The Barrie School; The Bullis School, Holton-Arms School, Georgetown Day School, Bishop McNamara High School, Walter Johnson High School; Sandy Spring School.*

In New England:

*Harvard Medical School, The Groton School, The Cambridge School at Weston, The Karuna School*