

CV for Karuna Erickson (condensed)

See www.yogakaruna.com for more details, photos, recent projects

Education and degrees:

B.A., Psychology cum laude, Stanford University, 1968

M.S.W., Psychiatric Social Work, University of California, Berkeley, 1970

D. Min. (student) Wisdom University

Registered Counselor, Canadian Counseling Association

Registered Yoga Teacher 500E(experienced), Yoga Alliance

Interfaith Minister, Metaphysical Interfaith Church, 1998

Karuna Erickson is a psychotherapist as well as a yoga teacher, practicing in both fields since 1970. The focus of her work is the integration of body, mind, heart, and spirit. She is the director of the Heart Yoga Center, a registered yoga teacher training school with Yoga Alliance(see www.yogaalliance.org), and has trained yoga teachers for over 20 years. She teaches yoga internationally, interweaving Sufi poetry and Buddhist practices of mindfulness and loving kindness meditation. She leads annual retreats in Costa Rica, Canada, and Bali(for 2009). Karuna has assisted Rodney Yee in several of his yoga teacher training workshops and courses in California, Washington, and Idaho. She draws upon her profession as a psychotherapist in her yoga teaching, to explore the union of body and mind. Her style of teaching is compassionate and heartfelt, and her students experience transformation on many levels.

Karuna has taught many workshops, classes and retreats with Andrew Harvey, which marry the peace of yoga with the passion of mysticism. They have presented workshops several times at Esalen, as well as teaching for Wisdom University in Europe, California, and North Carolina, and have taught retreats in Oregon, Washington, and Canada. Karuna and Andrew have co-authored a book titled: *On Fire: Heart Yoga*, which has received outstanding reviews from teachers such as Caroline Myss, Shiva Rea, Seane Corn, and Judith Lasater, and they plan to publish it in 2009.

Karuna has lived in the mountains of British Columbia for over 35 years, and her teaching and practice are inspired by her love of the peace and beauty of the mountains. She teaches Heart Yoga, Yoga and Sacred Activism, The Sacred Marriage of Yoga and Mysticism, The Divine Feminine, Yoga and Meditation, Ecstatic Yoga, Remembering the Beloved, Communication Skills, Stress Management, Exploring Relationships, and Body Prayer (at the Wisdom University Chartres international conference).

Endorsements for Heart Yoga

"Karuna is delighting us with her authentic and intense inquiry into spirit. Her yoga is inspiring!" ---Rodney Yee

"I have had the great good fortune of working with a true genius
of
yoga, Karuna Erickson, in developing a new system called Heart
Yoga." ---Andrew Harvey