

CURRICULUM VITAE

Nataraja Kallio

Associate Professor & Chair, Yoga Studies
Naropa University
Boulder, CO. 80304

Contact Information

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Overview

Nataraja Kallio has served as lead faculty and Chair of the Yoga Studies program at Naropa University since 2005. His primary areas of focus include Yoga History and Philosophy, Contemplative Practice, Yoga Therapy and Hatha Yoga Teacher Training. Nataraja spent seven years in India studying in the contemplative traditions of Advaita Vedanta, Tantra, Hatha Yoga and Buddhism. He also has had a private practice in both Counseling Psychology and Yoga Therapy since 2010.

EDUCATION:

2006 M.A. Transpersonal Counseling Psychology, Naropa University

2000 B.A. Religious Studies and Traditional Eastern Arts, Naropa University

ADDITIONAL EDUCATION and TRAINING:

2000-08 College of Purna Yoga

2008-12 Srividya School of Yoga and Hindu Studies

1999-'02 Rocky Mountain Gestalt Institute

1996-97 Shivananda Yoga Center

1992-93 Santa Barbara Yoga Center, Teacher Training

1991-present Seven years in India for formal and informal studies in Yoga, Yoga Therapy, Hinduism, Buddhism and Ayurveda.

Yoga Therapy Training: Krishnamacharya Yoga Mandiram, 1996-1997; Aadil Palkhivala, 2000-2008; Doug Keller, 2016, Iyengar Tradition 1991- Present; Ayurvedic Studies with Dr. Vasant Lad, David Frawley and Dr. Robert Svoboda 1998-2014.

ACADEMIC APPOINTMENTS:

Naropa University:

2014-Present Chair of Yoga Studies

2013- Present Associate Professor

2007- 2013 Assistant Professor

2000-2007 Adjunct Professor

OTHER TEACHING AND PROFESSIONAL ACTIVITY

2018 Presenter Grand Valley Yoga Fest for Suicide Awareness

Presenter at Hanuman Yoga Festival: Yoga Nidra

Presenter at Deconstructing Yourself: Non-Dualism, Neuroscience and Meditation, Shambhala; Mountain Center

2017 Presenter at Hanuman Academy (online educational platform): Working with Afflictive Emotions, July 2017

Faculty presenter for a year-long online course by Tsoknyi Rinpoche: "Fully Being: A Course on Developing Grounded Body, Open Heart and Clear Mind.

Presenter at Hanuman Yoga Festival: Meditating Through the Body

2016 Presenter at Yoga On Gaia: Lineage and Transmission

Presenter at Hanuman Yoga Festival: The Art of Pranayama

2015 Shambhala Publications: Discussion with Richard Freeman on Ashtanga Yoga

Presenter at Hanuman Yoga Festival: Yoga History & Philosophy

2014 Presenter at Hanuman Yoga Festival: Working with Afflictive Emotions

2013 Meditation Instructor at Wanderlust, Copper Mountain, CO

2012 Presenter at the White House Roundtable Discussion on integrating Yoga into Federal Agencies, Washington D.C..
"Integration of Yoga within Educational Systems"

2012 Instructor of month-long contemplative practice pilgrimage to Mt. Kailash, Tibet

2010 Facilitator of Yoga Teacher Trainings at Ayurveda Health & Retreat Center, Alachua, FL.

2009 Presenter for Rocky Mountain Yoga Festival, "Somatic Meditation"

2008 Presenter Boulder Holistic Health Expo, "Asana and Meditation"

2007 Lead and facilitated ASIANetwork Freeman Grant

Faculty/Student Research project to Tibet

2006 Faculty Commencement speaker, Naropa University

2002 Guest lecturer for Colorado University Religious Studies Department, "The Eight Limbs of Yoga"

1997-2015 Yoga Instructor at Boulder Yoga Centers: Studio Be, Prasad, Home Sweet Om, Boulder Parks & Recreation Centers, Chautauqua Park Community Center

1994-95 Yoga Instructor at the Santa Barbara Yoga Center

PUBLICATIONS:

Hatha Yoga: A Yoga Teacher Training Manual, Naropa University, 2017.

"The Breath Within the Breath" in *Meditations for InterSpiritual Wisdom: Practices and Reading Drawn from the World's Spiritual Traditions*, Edited by Netanel Miles-Yepez and Edward W. Bastian, Spiritual Paths Publishing, Santa Barbara, CA., 2011

Narrator for *Hafiz: The Scent of Light*, Sounds True, Inc. Boulder CO., 2002

CURRICULAR, ADMINISTRATIVE AND COMMITTEE WORK:

Naropa University:

2000-Present

Accomplishments and responsibilities have included:

- Designed MA REL: Yoga Studies Degree Program
- Chair Yoga Studies
- Designed and directed the Yoga Teacher Training Program.
- Oversee Yoga Studies adjunct faculty
- Organize and oversee faculty search committees for Yoga Studies
- Design and implement Assessment for Yoga Studies
- Supervise student independent studies/theses.
- Advise students majoring in Yoga Studies
- Study abroad curriculum design
- Master of Ceremony for Naropa Student Orientation

COURSES TAUGHT:

Yoga History & Philosophy

Yoga Meditation

Yoga Foundations

The Subtle Body

Integral Practice

Yoga Teacher Training

AWARDS:

2006: ASIANetwork Freeman Grant: Faculty/Student Research Fellowship

MEMBERSHIP IN PROFESSIONAL SOCIETIES:

American Academy of Religions

Yoga Alliance

International Alliance of Yoga Therapists