

Curriculum vitae

Lura Doeblner Shopteau M.A., C-IAYT, E-RYT500, YACEP , MBSR

Previously licensed L.P.C. Minnesota

Work

Bienestar Uvita Yoga Shala

January 2012 - current

Director, Therapist in yoga, meditation and psychotherapy for well being. Educator in Yoga for Wellbeing programs through Yoga Alliance and the International Association on Yoga Therapist, Uvita de Osa, Costa Rica

Penn State University

August 2010 - June 2011

Mindfulness in family systems research, study facilitator, Psychology - Department of Human Development, State College, PA

Yoga Restoration

Private practice in Yoga Therapy and Psychotherapy, Minneapolis, MN 2008 -2010

Justin Kukowski Center for Physical and Spiritual Healing

Counseling psychologist, Individual and groups including, Living Well with Cancer, based in DBT, mindfulness practices and CBT skills for cancer patients introducing complementary therapies for healing.

January 2009 - February 2010

Center for Spirituality and Healing, University of Minnesota

2008 - 2010

Teaching classes in Mindfulness Based Stress Reduction, and Veterinarian medicine students in the Stress Busters program.

Mayo Clinic, Daniel Abraham Center for Healthy Living

2008 - 2010

Teaching yoga to Mayo Clinic employees and consulting on mind-body programs.

Abbott Northwestern Hospital, Penny George Center for Integretive Medicine 2008 -2010

Teaching yoga therapy programs for small groups with similar health issues or private client work

Education

Union Institute/Vermont College, M.A. Counseling Psychology

March 2008

Masters Thesis: Possibilities Breast Cancer Support Group Plus Yoga Therapy For Post-surgical Body Image Intervention. Degree focus on stress and stress reduction techniques including meditation and yoga. Union Institute's 2007 "Faces of Distinction."

University of Minnesota, B.A. Art History

1976-1978, 2004-2005

Yoga and Meditation Trainings

M-CBT certification Mindfulness Based Cognitive Therapy	July 2020
Yoga Sutras in Depth with A.G. Mohan Svatha Yoga. In depth Yoga sutras class, 85 hours. Additional Philosophies course work, Indian logic	May 2020
Yin Yoga Teacher Training 60 hour yin & insight meditation training with Sarah Powers at 8 Limbs of Yoga, Seattle, WA October 2019	October 2019
Yoga for Cancer Patients Teacher Training , all levels complete Jnani Chapman R.N., UCSF, Osher Center for Integrative Medicine. program completed and continued as teaching assistant at Integral Yoga, NYC, San Francisco & Yogaville, Satchadanada Ashram, Buckingham, VA	September 2010 January 2012
MBSR Practicum 9 day additional training for teachers of MBSR University of Mass. Medical Center, Worcester, MA, Omega, Rhinebeck, NY	July 2008
Cardiac Yoga Teacher Training 7 day intensive with Dr. Mala Cunningham, UVa Center for Integrative Medicine Satchadanada Ashram, Buckingham, VA	April 2007
Yoga Therapy Training Program 30 day with Desikacher and staff, additional chanting program Viniyoga Yoga Krishnamacharya Yoga Mandrian, Chennai, India	September 2005
Tibetan Buddhist Studies 30 days The Tibet archives and government in exile, McLeod Ganj	October 2005
Mindfulness Based Stress Reduction 7 day teacher training with Jon Kabat-Zinn and Saki Santorelli University of Mass. Medical Center, Amherst, MA at Omega Institute at Mt. Madonna Center, Watsonville CA	March 2003
Advanced Yoga Teacher Training RYT500 14 day intensive with Don Stapleton Ph.D. and Amba Camp-Stapleton, Nosara Yoga, Nosara, Costa Rica	March 2002
Yoga Teacher Training RYT200 30 day intensive with Don Stapleton Ph.D. and Amba Camp-Stapleton.	January 2001

Nosara Yoga, Nosara, Costa Rica

Stott Pilates Mat-work Certification

6 month weekend program. The Sweatshop, St. Paul, MN

June 1999

A year of Wildcrafted Herbs with Lise Wolff M.S., AHG professional.

1999

3 seasons of gathering herbs, making tinctures, salves and poultices, diagnosing clients through symptomatology, pulse taking and tongue diagnosis. 9 month progra

Minnesota Board of Behavioral Health & Therapy

Licensed Professional Counselor - LPC00822

Granted 2012

Required Psychology Internship 700 hours

Partners in Healing Integrative Psychology, Minnetonka, Minnesota under the direction of David Alter Ph.D.

The Bridge for Youth, Minneapolis MN under the direction of Nancy Cusack M.A.

Yoga and Mediation Teaching Experience

Satchadanada Ashram, Yoga for Cancer Patients Teacher Training assisted Jnani Chapman, Buckingham VA, Bolinas CA, & NY, NY

Mayo Clinic, Daniel Abraham Center for Healthy Living, Rochester, MN

University of MN Center for Spirituality and Healing, Minneapolis, MN

Omega Institute, Rhinebeck, NY

The Marsh, Minnetonka, MN

Yoga Restoration, Minneapolis, MN

Partners in Healing, Integrative Psychology office, Minneapolis, MN

Bridge for Youth, working with homeless teens on relaxation and stress reduction skills.

Minneapolis, MN YWCA, uptown Minneapolis, MN

Movement Arts, State College, PA.

Grants

NOK Foundation August – October 2005

Tuition and expenses to study and travel in India for 3 months; Yoga Therapy program at Krishnamacharya Yoga Mandarim in Chennai, and Tibetan Buddhism at the Tibetan archives in Dharmasala, India.

Membership in Professional Organizations

International Association of Yoga Therapists C-IAYT

Yoga Alliance E- RYT500, YACEP, RYS-200

Resolve, Infertility Professional

Local and Regional Presentations

OMEGA Institute - Dancing through Cancer - September 2011
3 day program with multiple presenters discussing and delivering practice sessions specific complimentary therapies effective for cancer patients, Gabrielle Roth (5Rhythms), Kris Carr, (Crazy Sexy Cancer), Ruth Bachman (The Hourglass Project), Mark Epstein (author), Siddhartha Mukherjee MD (author)

Debra Powell Women's Health Conference September 2010
The Effects of a 12-Week Intensive Outpatient Psychotherapy Group on Quality of Life for Female Cancer Patients, poster presentation-
University of Minnesota, Minneapolis, MN

Restore Healing Conference, representing Center for Spirituality & Healing, October 2008
Yoga Therapy, Healing and Self-Awareness,
University of Minnesota, Minneapolis, MN

Women's Cancer Conference, Mayo Clinic September 2008
Yoga: Relaxation From the Inside Out,
Mayo Clinic Cancer, Rochester, MN