

Curriculum Vitae: Kathryn Ryan – Children's Yoga Educator

Move with the wisdom of the serpent and with the gentleness of the dove - Wangari Maathai, Kenya, 2004 Nobel Peace Prize Recipient



Yoga creates positive body awareness. Storytelling engages imagination. Engaging children with movement, science and creative play based on teachings in neuroscience, child development and progressive education, I create the foundation for optimal brain growth by providing the environment and education that enhances a child's early learning, memory and social skills.

Yoga/ Storytelling Education

"Learning never exhausts the mind" - Leonardo da Vinci

2011 – Sept – Nov – Completed online course in **Neurobiology** – 'The Origins of Individuality' - Dr. Robert Sapolsky, Stanford University
2011 – 200hr **Interdisciplinary Yoga Teacher training**, Nosara Yoga Institute, Nosara, Costa Rica
2011 – 100hr Heartrise **Children's Yoga Specialist** training, Nosara Yoga Institute, Nosara, Costa Rica.
2010 - **Young Yoga Masters** – 25hr Children's Yoga Teacher Training Certificate
2010 - **Cognitive Behavioural Therapy** Techniques Foundation Course
2009-2010 Bad Dog Theatre – **Improv** foundation course
2010 - **LIFT Toronto** - **Documentary Field Production** – Interviewing Techniques
2002 -2007 - George Brown College - **Advanced Screenwriter Certificate** – Television & film scriptwriting, Playwriting, writing for children, acting, documentary production
2001-2002 – Humber College - **Advertising Copywriting** Certificate
1996-1997 - Ryerson University - **Magazine writing**, Copy-editing,
1995 - Macquarie University, Sydney, Australia – B Arts (Mass Communications) **Print Journalism**



Yoga / Storytelling Work

(2008 – 2011) Documentary researcher - Writer, fact checker, proofreader

Highscribe - specializing in film, television, publishing and communications.

Editorial role: research, script writing/editing, fact checking, proofreading - numerous documentaries, 'for publication' business conferences, scripted /reality television shows.

Clients included: Proper Television, CBC, 90th Parallel, Discovery, Showtime, Ministry of Economic Development & Trade

(2001 – 2009) - Business Owner/Manager - Early Childhood Daycare- designed & oversaw curriculum for successful ground roots community daycare - creative and practical needs of children ranging from 5 months – drop-in teenagers. Immersive, experiential learning included: basic language, fine/gross-motor skills, writing/performing plays, puppet shows, improv games; basic yoga and meditation technique teaching children about the natural world.

(2009) Content Writer / Play Consultant / Marketing Strategist

Gogoscrazybones.com - children's website

Consulted as children's play specialist for purpose of immersion in the language of the 6 to 12-years children's market. Conducted market research, management team for content building and copywriter for the website gogoscrazybones.com

(2008) Writer / Script Editor

BoogaBooga Land, Providential Pictures – 26 Episode Animated Children's series

Writer (5 episodes) - Wrote and developed series episodes.

Script Editor - Sole responsibility for script editing 3 episodes.

"The Travelling Years"

1992 – 2000 - Paid and unpaid magazine internships, London, England - Event management/Accounts Clerk, Sydney, Australia - Financial Journalist, Nassau, Bahamas - Client Relations/Event Planner, The Caribbean - Travel Guide, Western Europe - Beer Puller, Dublin, Ireland - 'Governess' for a Lady-in-waiting, Somerset, England - Semi-decent Pool Shark, Cardiff, Wales!

Interests

The stories of other cultures - child development - philosophy/mythology - biology/physiology, ethics/integrity, neurology/nutrition - travel/experiential learning/history – music, dance, improv, theatre - laughing!

