



ABOUT THE INSTRUCTOR

# DEIRDRE GUTHRIE, Ph.D.

Deirdre is a research professor, storyteller and anthropologist investigating and practicing in the area of human flourishing and social-ecological justice. In this capacity she serves as a principal investigator on the **Well Being at Work Project** at the University of Notre Dame which supports humanitarian and global health workers and as a consultant to the **“ALIVE!” Project** at Rush Hospital. She has designed a “Compassionate Leadership” program for doctors in Chiapas and Haiti which focuses on cultivating emotional endurance and somatic awareness to prevent burnout and ameliorate moral distress.

She has a passion for ritual and is ordained by the **Temple of Kriya yoga** in Chicago to perform rites of passage and transition such as marriages, baptisms, blessing ways/showers, memorials, grieving services and housewarmings. She completed a two-year advanced yoga and meditation teacher training program at the Temple and then apprenticed with Dynamic Yoga Teacher **Godfrey Devereaux** in Ibiza, Spain.

She is certified in Mindfulness Based Stress Reduction, Peace Circle Process, Ayurvedic nutrition and therapeutic massage. Her continuing education has been enriched by vipassana (silent meditation retreat) and further training in therapeutic, yin and restorative yoga. She has co-facilitated yoga/meditation and narrative workshops and retreats in Scotland, Mexico, California, Costa Rica, Puerto Rico, the Dominican Republic, the Bahamas and locally at the Snite Museum Sculpture and **Fernwood Botanical Garden**. At Fernwood she continues to curate and facilitate ongoing contemplative and mindfulness programming and retreats.