

Margaret Astrid Phanes, M.A., MFT License #7999
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Curriculum Vitae

I have developed and implemented Energy Meditations onsite, on Skype, and online. My meditation training and presentations focus on conscious-life-force energy for inner growth & healing. For 25+ years, I have taught meditation and created Visual Meditations from the Yoga traditions.

Workshops and Presentations

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| <i>Surrender to the Inner Suns</i> Integral Yoga Conference | February 2016 Lodi, CA |
| <i>The Mother's Experiences</i> Sri Aurobindo Sadhana Peetham | February 2016 Lodi, CA |
| <i>Visual Meditations</i> Cultural Integration Fellowship | August 2014 San Francisco, CA |
| <i>Digital Invocations</i> California Institute of Integral Studies, Symposium | April 2014 San Francisco, CA |
| <i>Meditation & Health</i> Lodi Memorial Hospital | January 2013, March 2014 Lodi, CA |
| <i>Whole Brain Thinking & Health</i> Osher Lifelong Learning Institute, University of the Pacific | February 2013 Stockton, CA |
| <i>The Awakening Soul</i> Integral Yoga Conference | June 2011 Lodi, CA |
| <i>Advantages of Whole Brain Thinking</i> University of Hawaii Maui College | March 2011 Kahului, HI |
| <i>Four Faces of Shakti, the Divine Feminine</i> University of Hawaii Maui College | October 2010 Kahului, HI |
| <i>Yoga Psychology</i> , Certificate Programme, Adjunct Faculty SACAR Indira Gandhi National Open University | June - July 2010 Online Learning |
| <i>Sri Aurobindo and His Essential Thought</i> , M.A. Program SACAR Indira Gandhi National Open University | November 2008 - May 2010 Online Learning |
| <i>The Essentials of Integral Psychology, Integral Philosophy</i> Orientation Programme, University of Tomorrow | August 2006 - February 2008 Online Learning |

SPECIAL TRAINING & SKILLS

Meditation trainer: classes, workshops and conferences from 1975 - present.
Produced Visual Meditations for events and online from 2002 - present, www.margaretphanes.com.

EDUCATION

Dr. Carl Peters, Integral Yoga philosophy, psychology, and education.

University of California Extension, Santa Cruz, Digital Arts

Schaeffer School of Design, Design

California Institute of Integral Studies, PhD Research, Future Studies

Humanistic Psychology Institute, PhD Research, Transpersonal Psychology

M.A. University of San Francisco, Psychology

B.A. Sonoma State University, Major; English, Minor: Art, History

LICENSES

LMFT License #7999

Community College Credential

Adult School Credential

ORGANIZATIONS

Sri Aurobindo Association of America, Communications Officer

Sri Aurobindo Sadhana Peetham, Retreat Planning Committee