

Meditation Résumé

Zosia Krusberg

Tradition

Vajrayana Buddhism.

Teacher

Dr. Reginald A. Ray.

Teaching Certification

Meditation Instructor Certification, August 2015.

Meditating with the Body Teacher Certification, March 2015.

Teaching Experience

Embodied Meditation Teacher, Northwestern University: 2017 – present.

Dharma Ocean Teacher: 2015 – present.

Dharma Ocean Meditation Instructor: 2015 – present.

Embodied Meditation Teacher, Yale University: 2015 – 2016.

Individual Meditation Instruction: 2013 – present.

Embodied Meditation Teacher, Vassar College: 2013 – 2015.

Program Experience

Vajra Assembly, Dharma Ocean Foundation, Summer 2017.

The Three Samayas, Dharma Ocean Foundation, Fall 2016.

Awakening the Body, Dharma Ocean Foundation, Fall 2016.

The Body Loves, Dharma Ocean Foundation, Spring 2016.

Vajrayana Training Intensive, Dharma Ocean Foundation, Summer 2015.

Meditation Instructor Training, Dharma Ocean Foundation, Summer 2015.

Meditating with the Body Teacher Training, Dharma Ocean Foundation, March 2015.

Winter Meditation Intensive, Dharma Ocean Foundation, Winter 2014 – 2015.

Embrace Your Basic Goodness, Pema Chödrön at Omega Institute for Holistic Studies, September 2014.

Northeast Weekend Retreat, Dharma Ocean New York, September 2014.

Sutrayana Study and Practice Intensive, Dharma Ocean Foundation, Spring 2014.

Northeast Weekend Retreat, Dharma Ocean New York, November 2013.

Vajra Assembly, Dharma Ocean Foundation, July 2013.

Sutrayana Study and Practice Intensive, Dharma Ocean Foundation, Spring 2013.

Solitary Retreat, Karma Ling Retreat Center, March 2013.
Northeast Weekend Retreat, Dharma Ocean New York, February 2013.
Winter Dathün, Dharma Ocean Foundation, Winter 2012 – 2013.
Sutrayana Study and Practice Intensive, Dharma Ocean Foundation, Spring 2012.
Winter Dathün, Dharma Ocean Foundation, Winter 2011 – 2012.
Northeast Weekend Retreat, Dharma Ocean New York, October 2011.

Protection Mandala Experience

Vajra Assembly, Dharma Ocean Foundation, Summer 2017.
Vajrayana Training Intensive, Dharma Ocean Foundation, Summer 2015.
Bodhisattva Vow Ceremony, Dharma Ocean New York, June 2015.
Winter Dathün, Dharma Ocean Foundation, Winter 2014 – 2015.
Northeast Weekend Retreat, Dharma Ocean New York, September 2014.
Protection Mandala Training, Dharma Ocean New York, September 2014.
Northeast Weekend Retreat, Dharma Ocean New York, November 2013.
Protection Mandala Training, Dharma Ocean New York, November 2013.
Northeast Weekend Retreat, Dharma Ocean New York, February 2013.
Refuge Vow Ceremony, Dharma Ocean New York, November 2012.

Meditation Instructor Mandala Experience

Awakening the Body, Dharma Ocean Foundation, Fall 2016.
The Body Loves, Dharma Ocean Foundation, Spring 2016.

Coordinating Mandala Experience

Northeast Weekend Retreat, Dharma Ocean New York, November 2013.

Vows

Meditation Instructor Vow, Dharma Ocean Foundation, August 2015.
Bodhisattva Vow, Dharma Ocean Foundation, January 2013.
Refuge Vow, Dharma Ocean Foundation, January 2012.