

Self-introduction.

Hall, Mitch

[1525 Jackson Street](#)

[Apartment 214](#)

[Oakland, CA 94612](#)

breathepeacefully@me.com (email)

[510-708-5296](#) (mobile)

Intercultural Experience

Peace Corps Volunteer teacher of history, geography, and ESL in Lama-Kara northern Togo; deep **friendship** with indigenous Fulani family living traditional **lifestyle** (1965-1967)

ESL teacher to international students (Stanford University, Johnson State College), immigrants, and refugees (NYC evening adult school) (10 years)

International Student Adviser at Stanford and Norwich Universities (6 years)

Taught sociology of racial and ethnic minorities and relations (Norwich University, 6 years)

Designed and facilitated workshops on facing and overcoming racism

Organized peace and ecology movement activities in 8 European countries for Fellowship of Reconciliation; befriended and collaborated with Vietnamese Buddhist refugees in Paris (1970)

French-English interpreter at conferences and translator of published materials

French-English interpreter for francophone refugees from wars and genocide in Africa who were being resettled by the Vermont Refugee Resettlement Program (200-2002)

Created, produced, and facilitated "Peace Wisdom of the Elders: Multicultural Dialogues." Interviewed elders from diverse ethnic, religious, and national backgrounds, asked them to tell stories from their life experiences about what they had learned about peace building and peace making. Produced videos, a study guide, and written stories for classroom use. (1995)

Academic director of Peace Corps and Service Leadership Program, a service-learning program to prepare undergraduate juniors and seniors for volunteer service in multicultural contexts around world (Norwich University, 1990-2000)

Organizer of numerous lectures, workshops, ceremonies, and performances by indigenous speakers, musicians, and dancers, including from indigenous groups, while working at Stanford and Norwich Universities

Coauthored a book with a francophone traditional drummer from Mali, west Africa. Recorded in French his life story and his interpretation of traditional music and dance as healing modalities in the village of his childhood upbringing. Translated his narrative into English. (1989)

Study, training, and practice of traditional meditative and movement arts from China, Japan, India, and Africa, from 1971 to now. Substantial experience in yoga, *taiji*, *qi gong*, *zazen*, *vipassana*, *Zhan Zhuang*, Jain, Taoist and Yogic meditation.

Registered, certified, highly experienced, professional teacher and continuing education provider of yoga, *taiji*, *qi gong*, *zazen*, and *Zhan Zhuang* (standing meditation), faculty member of yoga therapists' training program.

Writing

Numerous publication credits, since 1984, include essays, three booklets, a book, translations, and editing. Writing includes fields of peace psychology, holistic health and wellness, counseling psychology, cultural studies, reviews, nonfiction stories, humor, and more. Collaborated on projects with Marc Pilisuk, Louise Sundararajan, and Chun Yu. Edited manuscripts of two psychology books, one wellness exercise book, numerous papers.

Professional Presentations

Spoke on peace building, social healing, children's rights, nonviolence, preventing violence, healing trauma at numerous venues, including three annual meetings of the American Psychological Association, two National Leaders in Nonviolence and the Child Conferences, four years in the Season of Nonviolence series at San Francisco State University.

Education and Training

Ph.D. (*h.c.*) in Alternative Medicines, Indian Board of Alternative Medicines, Kolkata, India February 1, 2013.

Yoga Teacher Training and Certification, Niroga Institute, 2009 – 2010; Yoga Alliance E-RYT and YA-CEP registration.

Student in Ph.D. program, Psychology, Saybrook University, 2003 – 2004

M.A., Sociology, University of Chicago -- 1967-1968

United States Peace Corps, Dartmouth College, summer 1963, & Collège de Ste. Anne de la Pocatière, Québec Province, summer 1964, Intensive training in French, methods of teaching ESL, African history, geography,

B.A., Religion, Columbia University, 1960-1964

Professional training in counseling psychology, trauma treatment, suicide prevention, and more. Trainers have included Bruce D. Perry, Bessel van der Kolk, Joyce Dorado, Sean Christopher Shea, and others, 2007 to now.

Languages

French (fluent), Spanish (conversant)

Affiliations

Member, Non-killing Psychology Research Committee <http://nonkilling.org/node/7>

Training and Curriculum Development Consultant, Centerpeace Project <http://centerpeaceproject.com/>

Pushing for Peace Ambassador <http://www.pushingforpeace.org/>

Currently teaching *yoga/qi gong/taiji/Zhan Zhuang*/fitness/wellness at Ojas Yoga Center, Square One Yoga Collective, Fitness SF in Oakland, Lake Park Residential Senior Center, Niroga Institute Yoga Therapy Training Program

Board Member, Parents and Teachers against Violence in Education, nospank.net, 2000-2017 (until NGO closure following founder's death)

President and Board Member, AHIMSA www.ahimsaberkeley.org, 2010-2012