

Mindfulness Educator & Yoga Instructor  
Kathy Dang  
712 S. Grange Ave. Sioux Falls, SD 57104  
(320) 583-1825  
kathy.dang@k12.sd.us

### **Career Overview:**

A passionate instructor that believes the practice of yoga and mindfulness can positively impact the lives of adults and children. Experience in the public schools has led to an understanding that teaching mindfulness to students and educators can be an important avenue to create social, emotional, and physical change. Creating age appropriate methods to teach mindfulness strategies to students, educators, and adults fuels social change.

### **Areas of Expertise:**

- Hatha and Vinyasa Yoga (kids and adults)
- Mindful Self-Compassion (MSC)
- 10+ years of yoga and meditation personal practice
- Teacher of Elementary Art 10+ years
- Extensive knowledge of anatomy
- Positive personality and good time management skills
- Has presented about mindfulness at building and district level, also at a SD TESOL conference

### **Professional Experience:**

Dakota Budokan, Sioux Falls, SD  
Yoga Instructor January 2018-Present

- Designed original classes for kids and adults
- Teaching age appropriate breath techniques, postures, and meditative practices for adults and kids.

Sioux Falls School District- Kids Inc.  
Yoga Club Instructor October 2018-Present

- Teaching yoga to students in an after school setting
- Building body and mind awareness
- Cultivating calming strategies for kids

Sioux Falls School District  
Art Teacher August 2011-Present

- Teaching K-5 students with diverse needs at a large Title I school.
- Incorporating mindfulness techniques into the classroom, helping other teachers utilize mindfulness in the classroom
- Uses social and emotional skills daily in the classroom to help students be successful.

Washington Pavillion, Sioux Falls, SD  
Compassionate Camp Instructor July 2016

- Taught camp students on mindfulness and yoga techniques and strategies.

### **Education and Training:**

Yoga Certification  
4th Ave Yoga, Sioux Falls, SD--Roscha Zoet  
Completed 200 Hour Training Course

Mindful Self-Compassion (MSC) Meditation  
The Lemon Tree, Pierre, SD--Emmanuelle Barone, MHSW  
Completed 8 Week Course

Bachelors and Master of Arts in Education  
Augustana University, Sioux Falls, SD  
Focus in art, special education and special populations of students.  
Graduated 2010 (BA), 2014 (MA)

Mindfulness Educator  
Aaron Dang  
712 S. Grange Ave. Sioux Falls, SD 57104  
(605) 321.7248  
aaron.dang@k12.sd.us

**Career Overview:**

Has taught students in various settings including public school, daycare, martial arts, and mindfulness instruction for teachers and students. Caring and compassionate educator striving to provide students with a sense of autonomy through establishing mindfulness and emotional regulation strategies.

**Areas of Expertise:**

- Teaching judo, jujitsu, and karate to kids and adults.
- Kids yoga and mindfulness classes
- Mindful Self-Compassion (MSC)
- 15+ years of martial arts and meditation personal practice
- 15+ years of experience of working with children
- Established school wide mindful moment program, and devoted to establishing a mindful classroom
- Kind and responsible, competent at establishing positive rapport with parents, students and fellow coworkers
- Has presented about mindfulness at building and district level, at Augustana University for future educators, and also at a SD TESOL conference

**Professional Experience:**

Dakota Budokan, Sioux Falls, SD  
Martial Arts Instructor 2008-present

- Instructing adults and children in the techniques and skills of judo, jiu jitsu, and karate.
- Leader in the dojo culture.

Apple Tree Montessori 2003-2012

- Lead teacher with after school care and summer program.
- Entrusted with leadership roles in the center

Sioux Falls School District

5th Grade Teacher August 2013-present

- Established and continued to use and develop a mindfulness curriculum that is appropriate for youth-at-risk.
- Assisting teachers to cultivate mindfulness strategies in their own classrooms.
- Provided assistance for social and emotional learning throughout a Title I school

Washington Pavillion, Sioux Falls, SD

Compassionate Camp Instructor July 2016

- Taught camp students on mindfulness and yoga techniques and strategies.

**Education and Training:**

Mindful Self-Compassion (MSC) Meditation  
The Lemon Tree, Pierre, SD--Emmanuelle Barone, MHSW  
Completed 8 Week Course

Bachelor's Degree in Education  
Augustana University, Sioux Falls, SD  
Graduated December 2013

Master's Degree in Educational Psychology  
University of Northern Colorado, Greeley, CO  
Graduated December 2018