

Katarina Stanisavljevic
Northwestern University
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Education

Northwestern University Bachelors of Science in General Studies Major: Humanities Cumulative GPA: 3.87/4 Dean's List: 9 of 11 quarters Relevant Courses: Medical Anthropology, Buddhist Studies: State of the Field, Buddhism in South Asia, Religion and the Body in China, Topics in East Asian Religions: Fate, Fortune, & Karma in East Asia, Intro Readings in Sanskrit, Anthropology of Peace	Evanston, IL Graduation: March 2024
Rangjung Yeshe Institute Beginning Colloquial Tibetan Summer Intensive course online	Kathmandu, Nepal 2022
Harold Washington City College Concentration in Philosophy and Humanities	Chicago, IL 2009-2010
Columbia College Chicago Concentration in Art and Photography	Chicago, IL 2008-2009

Certifications and Trainings

Post-Graduate Clinical Shiatsu Studies Program Advanced Shiatsu training	Evanston, IL 2017
Massage Diploma Adjunct Training Illinois Massage Licensure training	Evanston, IL 2011
Zen Shiatsu Practitioner Program Certification program at Zen Shiatsu Chicago	Evanston, IL 2009-2010

Professional Experience

Certified Asian Bodywork Therapist

American Organization for the Bodywork Therapies of Asia 2010 - Present

- Clinical Shiatsu Practice, Licensed Massage Therapy, Sotai Movement Integrative Therapy, Inquiry-Based Bodywork, Meditation Instruction, and Wellness Consultations

Wise Ways Acupuncture, Chicago 2023 - Present

Prenatal Fit, Chicago 2023 - Present

Heartwood Center, Evanston, IL 2021 - Present

Zen Shiatsu Chicago, Evanston, IL 2011 - 2021

HoloBeing Healing Arts Center, Boulder, CO 2018 - 2019

Events Coordinator and Office Assistant 2013- 2014

Zen Shiatsu Chicago, Evanston, IL

- Responsibilities included: Creating innovative community event concepts, communicating with facilitators and booking events, workshops, talks, and group healing circles, etc, set up and managing event registrations and payments, guest check-in and facilitator accommodations at time of event, oversight of facility management and maintenance
- Created all marketing materials- advertisement design and copywriting, email and social media marketing, postcard and flier promotions, managing and improving retail displays, tracking inventory and reorders
- Answering calls, taking appointments, following up on appointment and event bookings
- Training and supervising work-study students

Teaching and Leadership

Shiatsu Instructor - Zen Shiatsu Chicago 2013-2018, 2024

- Taught in the professional certification program: Beginning Zen Shiatsu, Zen Shiatsu Level 2, Continuing Education, Practice Class Supervision

Yoga & Meditation for Everyone, youth program- *After School Matters, Chicago* 2020-2023

- Designed and instructed compassion-based social-emotional-ethical learning curriculum for youth development in self-awareness and developmental learning outcomes, building skills of mindfulness and embodied self-care with Chicago Public High School teenagers through secular Yoga & Meditation practices
- Unique learning opportunities with field trips to discuss meditation and the brain with Northwestern University neuroscientists and Tibetan monks, field trip to the museum of Art Institute of Chicago for discussion on history of Yoga & Meditation in Southeast and Central Asia, field trip to attend a live musical performance from the Mitchell Museum of

- the American Indian for cross-cultural contemplation on themes of interconnection and resilience, and visits to the Peggy Norbert Nature Museum and Garfield Park Conservatory for guided tours and real-world practice
- Recruited and interviewed participants from a wide range of Chicago Public Schools, maintained communications with Program Managers and Specialists, coordinated guest instructors, implemented online learning tools
- 5 Elements of Chinese Medicine Presentation - Chicago Public Library** 2022
- Invitation to give an hour-long public presentation on the 5 Elements of Chinese Medicine, as part of AAPI month celebrating the cultures, traditions, and histories of Asia
- 5 Elements Corporate course - Walking Tree Ventures** 2020
- Designed and instructed online course for Executives and Creative Directors in international jewelry design studio based in Berlin, India, and China
- Chiaravalle Montessori School - Evanston, IL** 2015 - 2016
Substitute Montessori Teacher
- Taught in various classrooms including Toddler, Early Childhood (3-6yrs), Middle School, Art class, PE, and After-school program
- Gentle Yoga & Meditation - Zen Shiatsu Chicago** 2013-2014
- Instructed weekly community practice in Hatha yoga and calm-abiding meditation
- Dreamwork Workshop - Holistika, Tulum, Mexico** 2021
- Instructed an introductory workshop of Dreamwork as personal revelatory practice
- Discovering the Meridians Workshop - Bali Spirit Yoga Festival** 2017
- Instructed a short introductory workshop on the Shiatsu Meridians at Bali Spirit Festival
- Self-Shiatsu for Wellness 2-day Immersion - Kerala, India** 2017
- Instructed an in-depth immersion on Self-Shiatsu at Amritapuri Ashram in India
- Shiatsu Introduction Workshop - Ashram Gandhi Puri, Bali** 2014 & 2017
- Instructed a beginners Shiatsu workshop to residents and guests at the Ashram Gandhi Puri in Denspasar, Bali
- Smiling Heart Laughter Yoga Playshop - Chicago Oneness Center** 2016
- Lead a donation-based community workshop, with “Balance Through Motion” balance boards available for participants to explore and enjoy throughout the movement, meditation, and laughter yoga experience

- Sri Lalita Sahasranama Sanskrit Chanting Workshop**, *Stonehouse Farm, IL* 2015
- Instructed a workshop on chanting the Archana, “1,000 Names of the Divine Mother”, for Lotus Rising Women’s Retreat
- Awakening Joy Workshop** - *Sat Nam Yoga* 2014
- Instructed Laughter Yoga workshop for yoga community members
- Cut Loose Laughter Yoga Workshop** - *Zen Shiatsu Chicago* 2014
- Instructed family-friendly Laughter Yoga for all ages
- Medicine Cabinet Massage Workshop** - *Illinois Department of Natural Resources* 2012
- Co-taught an intro to massage for the Becoming an Outdoors Woman Retreat

Scholarships and Grants

- Northwestern Scholarship funding** 2020-2024
- Awarded over \$60,000 total in tuition funding from Osher Reentry Scholarships, Crankstart Reentry Scholarships, Federal Pell Grants, Federal SEOG Grants, State of IL MAP grants
- Summer Undergraduate Research Grant** - *Northwestern University* 2021
- Awarded \$3,500 for Arts, Humanities, and Social Sciences Research Grant to study the *Mūlamadhyamakakārikā* (The Fundamental Treatise on the Middle Way), as well as Shantideva’s *Bodhisattvacaryāvatāra* (A Guide to the Bodhisattva’s Way of Life)
 - Composed a collection of poetry in response to, dialogue with, and contemplative inquiry into the texts studied over a period of 8-weeks, with 10 days in solo practice and study retreat at Tara Mandala Center in Colorado.
- Summer Undergraduate Language Study Grant** - *Northwestern University* 2022
- Awarded \$5,000 to study Tibetan Language
 - Attended the Beginning Colloquial Tibetan course online with Rangjung Yeshe Institute, affiliated with Kathmandu University
 - Traveled to Dharamshala, India with Buddhist Studies graduate students to practice Tibetan and immerse in cultural and linguistic milieu of Tibetan community
 - Received teachings from HH Dalai Lama and studied Tibetan Buddhist Science of Mind (Lam Rim) with Geshe Choegyal Lopsang Rinpoche
- Conference Travel Grant** - *Northwestern University* 2022
- Awarded \$500 to travel to Bhutan for the 4th International Vajrayana Conference

Conferences and Publications

18th Sakyadhita International Conference for Buddhist Women - Seoul, South Korea 2023

- “A Modern View of the Mother of Tibet, Yeshé Tsogyal” conference paper proposal accepted (withdrawn, scheduling conflict)

4th International Vajrayana Conference - Centre for Bhutan Studies, Thimphu, Bhutan 2022

- Presented the paper, “Contemporary Discussions on Yeshé Tsogyal”, on the 8th century enlightened Tibetan master, in conversation with feminist concerns within the soteriological project of feminine awakening

2nd Lotsawa Translation Conference - Northwestern University 2022

- Guest invitation to attend conference on translating, empowering, and amplifying the voices of Tibetan women
- Requested by director of *Sakyadhita International Association of Buddhist Women* to write article in the annual newsletter reviewing Northwestern’s Lotsawa Translation Conference; published 2023

American Academy of Religions Annual Conference - Denver, CO 2022

- Received Northwestern University sponsorship to attend AAR conference

Volunteering

Embracing the World - Kerala, India

NGO with Special Consultative Status to the United Nations

- Lived in Ashram headquarters, volunteered on tour staff annually for 5 years
 - Nov 2013-Mar 2014
 - Nov 2014-Jan 2015
 - Dec 2015-Jan 2016
 - Dec 2016-Jan 2017
 - Jan 2018-Feb 2018

Climate Cycle - Spring Soiree, Chicago, IL 2012

- Gift certificates for Shiatsu sessions donated in charity auction event

Climate Cycle - Ride to Recharge, Chicago, IL 2011

- Shiatsu sessions offered live for staff and race athletes at charity cycling event

CAWC - Connections for Abused Women and Children, Chicago, IL May - July 2010

- Student Externship completed for Zen Shiatsu Chicago certification training