



**JOHN W. KEPNER** • 415 FAIRFAX DRIVE • LITTLE ROCK, AR 72205 • 501-661-1121 • JKEPNER@ARISTOTLE.NET

### ACADEMIC EDUCATION

1993 MBA- Millsaps College in Jackson, Mississippi (Honors Overall and in Finance)

1981 MA, Economics - University of Wisconsin at Madison (3 research grants)

1975 BA, Plan II/Economics - University of Texas at Austin (Honors & PBK)

### YOGA TEACHING EXPERIENCE AND RELATED EXPERIENCE

'03 to Present **Director, International Association of Yoga Therapists.** www.iayt.com.

'97 to Present **Yoga teacher and therapist.** Private and public classes for fitness, therapy and spiritual support. Workshops on various topics. Classes for special populations. ViniyogaArkansas.com.

### SELECTED CAM EXPERIENCE

**Special interests in Yoga as an integrated, complementary or alternative therapy while retaining the classical foundations of personal growth, spiritual support and relationship.** Co-teach the complementary and alternative medicine course at the University of Arkansas College of Medicine for 4th year students. Many presentations on Yoga and Yoga therapy at allopathic institutions. Active in a fine local referral network of integrative health care practitioners.

### YOGA TEACHER TRAINING

**Therapist Diploma** American Viniyoga Institute (Gary Kraftsow). A comprehensive two-year program for structural conditions, chronic disease and emotional health.

**Instructor Diploma** American Viniyoga Institute (Gary Kraftsow). A comprehensive three-year program. Registered with the YA at 500 hours.

**Teaching Certificate** A. G. Mohan (Viniyoga, Mohan was a student of Krishnamacharya for 18 years). Two months full time in Chennai, India.

- Support**
- Advanced A&P. American Academy of Healing Arts/ (Sousby, Ph.D. UAMS)
  - Lessons and Lectures in Ayurveda. Ayurvedic Inst./Svoboda. (correspondence).
  - Anatomy and Physiology of Movement. Three courses via Viniyoga Arkansas.

**Practitioner** in several traditions since 1971, primarily Iyengar and TM.

### SELECTED YOGA PUBLICATIONS

- "Alternative Billing Codes and Yoga: Practical Issues and Strategic Considerations for Determining 'What is Yoga Therapy?' and 'Who is a Yoga Therapist?'" *International Journal of Yoga Therapy*. No. 13 (forthcoming)
- "Wide Dimensions to Yoga Therapy: Comparative Approaches from Viniyoga, Phoenix Rising and Feldenkrais." with Victoria Strohmeier and Staffan Elgelid. *International Journal of Yoga Therapy*. No. 12 (2002)
- "Yoga Therapy and Complementary and Alternative Medicine Policy." *Yoga Studies*. May, 2002
- "Yoga Therapy and the Tax Code." *International Journal of Yoga Therapy*. No. 11 (2001)

### Reviews

- "Just As the Breeze Blows through Moonlight, The Spiritual Life Journey of Thupten Heruka, a 19th Century Tibetan Yogi." by Anna Cox. *Yoga Studies*. May, 2003.
- "The Best Alternative Medicine" by Kenneth Pelletier. *International Journal of Yoga Therapy*. No. 12 (2002)
- "The Yoga of Healing." T.K.V. Desikachar and Arjun Rajagopalan *Yoga Studies*. May, 2002
- "Yoga Yagnavalka, Translation and Commentary" by A.G. Mohan. *Yoga World*. July 2001

### SELECTED YOGA PRESENTATIONS

- "Yoga and Spiritual Support." Recent lectures in Arkansas include Shepherd Center and UALR, February 2003.
- "Yoga and Yoga Therapy." Many presentations in Arkansas including: UAMS, 2001, 2002 and 2003. (part of the CAM course at the medical school) Baptist Hospital 2001 and 2002 (part of two series on Integrative Medicine.)
- "Yoga for MS." November 2001. AR Chapter of the MS Society.
- "Yoga Therapy and Breathing." October 2001. Arkansas Chapter of Speech Therapists.
- "Yoga for Fibromyalgia." June 2001. FM support group, St. Vincent Rehabilitation Hospital.

### SELECTED OTHER EXPERIENCE

- '01 - '03 **Executive Director.** Arkansas Urban Gardening Educational Resources. (AUGER). Planning, development, administration and web site. www.auger.org During this time period, AUGER became a Heifer Project Partner and effectively tripled in size and services.
- '85 - '96 **Economist.** Entergy (a large electric utility in the Mid South). Several mid-management positions. Primarily for competitive and efficient pricing as well as regulatory, planning and conservation policy.
- '83- '85 **Manager.** Electric Rate Design. Public Utility Commission of Texas. Instrumental in developing a competitive cogeneration development policy, the first in the nation.
- '80- '83 **Research Consultant.** Public Service Associates in Madison, Wisconsin. Conceived and developed one of the first "real time" pricing projects for large power users in the U.S.

### SELECTED BOARD OF DIRECTORS AND RELATED

- '00 - '01 **Yoga Alliance Finance Committee**
- '97 - '00 **AUGER** (Founding Board member and treasurer)
- '95 - '96 **Ecumenical Buddhist Society of Little Rock**
- '94 - '96 **Energy Rated Homes of Arkansas**