

What's the story of my life?

Thankfully, it's still being written.

So far, the most significant influence has been what happened before and after I was diagnosed with a neurological auto-immune disease. Facing the physician unable to walk without assistance after enjoying a daily routine of running 5 miles to alleviate stress and anxiety, the physician's words, "be grateful it's not a terminal disease" did not fill my heart with gratitude. Instead, I felt anger. She believed there was nothing anyone could do to help me healthfully address stress and anxiety or return to a state of human flourishing.

Over a decade later, with the intervention of many who did not believe that physician's words or the 9 other physicians who followed her, I still experience pain in the body. Some days it's difficult for me to walk without assistance well, and I never know when those days might be coming. However, human flourishing is present in my life, as is immense gratitude for every day I am alive. I love my life! The work that allows me to experience this flourishing is what we share through the Rushing to Yoga Foundation. "I get to teach what I am discovering every single day!" We invite you to join us on this journey, will you?

Professional Bio: Marilee Bresciani Ludvik, Ph.D. serves as a professor of postsecondary educational leadership at San Diego State University. Prior to that, she served as Assistant Vice President of Institutional Assessment at Texas A&M University and in a variety of student, academic affairs, and alumni relations leadership roles at various types of institutions. Marilee has empowered over 200 institutions and their leaders on organizational learning assessment and accountability decision-making processes. In addition, Marilee assists organizational leaders identify and leverage opportunities to collaborate across division lines, using mindfulness-based inquiry practices, nonviolent communication, difficult conversation practices, paradigm busting processes, compassion practices, restorative justice, and design thinking. As a transformational life coach who uses the evocative method (certification scheduled for March 11, 2018), Marilee is a Fellow of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate.

Marilee is a certified meditation and yoga instructor, certified Search Inside Yourself Leadership Institute teacher, and a Mindfulness-Based Stress Reduction teacher on the certification path. Marilee's research focuses on using translational neuroscience and mindful compassion practices to inform the design and evaluation of workshops, curriculum, and coaching practices to decrease students', faculty, and administrators' stress and anxiety while also increasing their attention and emotion regulation, cognitive flexibility, and enhancing compassion, inquiry, creativity, and overall well-being. Marilee can be reached at mbrescia@mail.sdsu.edu or rushingtoyoga@gmail.com