**SHEENA** **SOOD,** **PHD**

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PROFESSIONAL SUMMARY

I'm an insightful and dedicated instructor and popular educator, facilitator, yoga teacher, entrepreneur and writer with a PhD in Sociology. I have 15+ years of experience in grassroots movement building, 10+ years of experience teaching sociology, and 5+ years starting and managing my own business. I am seeking a position in a non-profit movement, educational or research organization that is oriented toward advancing social justice.

EMPLOYMENT HISTORY

Jul. 2013 – Present Philadelphia, PA

Aug ‘21–May ‘22

Allentown, PA

**Business** **Owner,** **Yoga** **Warrior** **Tales,** **LLC** **&** **Sheena** **Shining**

As a yoga instructor, facilitator, creative director, and healing justice visionary who teaches yoga to all ages and populations, I work to bridge the connection between yoga, politics, and healing through education and scholarship. My highlighted experiences include:

Founded Yoga Warrior Tales, LLC, an educational program that teaches children yoga and mindfulness through a social justice lens. I manage the marketing & communications, curricula & script-writing process, social media & website presence, & strategic visioning for YWT.

Developed, Refined and Facilitated my "Decolonizing Yoga" workshops to 15+ yoga teacher training, movement building, graduate studies, and related groups since 2018.

Coordinate intake forms, scheduling processes, contractual agreements & client needs for pre-schools, elementary schools, youth groups, non-profit organizations, universities, conferences & schools requesting programs on spirituality & social justice

Published writing on the politics of yoga in open access journals and independent magazines

**Visiting** **Assistant** **Professor,** **Muhlenberg** **College**

I teach introductory and advanced sociological courses at a small liberal arts college in Pennsylvania. This position entails the following responsibilities

Prepare course materials such as syllabi, homework assignments, and handouts.

Prepare and deliver lectures to undergraduate students on topics such as power, privilege, social inequality, the sociological imagination, & social

movements

Maintain student attendance records, grades, and other required records. Initiate, facilitate, and moderate classroom discussions.

Prepare and administer written, oral, and performance tests, and issue grades in accordance with performance.

May 2019 – May 2021 Philadelphia, PA

Aug. 2010 – May. 2019

Philadelphia, PA

**Adjunct** **Instructor,** **Temple** **University** **/** **La** **Salle** **University** **/** **Drexel** **University**

I designed and taught college courses in sociology, women's studies and interdisciplinary programs at colleges in the Philadelphia region. These positions prepared me to

Plan, evaluate, and revise curricula, course content, and course materials and methods of instruction for the following courses: Introduction to Sociology, Sociology of Race & Ethnicity, Border Crossings: Gendered Dimensions of Migration; Living for Change: Autobiographies of Women in Radical Social Movements;

Design the curricula, objectives and instructional methods for a new course, Migration & Social Justice

Manage my personal schedule between teaching at multiple universities across various semesters

**PhD** **Student,** **Temple** **University**

As a qualitative sociologist, I am trained to understand human social behavior through studying relationships to group patterns, social structures and systems; and to evaluate data on related social phenomena using techniques such as ethnography and interviews. As a public sociologist, I purpose my research toward advocating for progressive policies and social justice. My PhD program

prepared me to:

Develop approaches to the solution of groups' problems, based on research findings in sociology and related disciplines.

Collect data on and complete a dissertation (Desis on a Spectrum) on the political agendas of South Asian Americans

Initiate a new research project (Omwashing Yoga: Weaponized Spirituality by the Far-Right) on the appropriation of yoga toward colonial and ethnonationalist agendas)

Keep abreast of developments in the field by reading current literature, talking with colleagues, and participating in professional organizations and conferences.

Teach sociology.

Collaborate with research workers in other disciplines such as anthropology, social work, Africana, & American studies programs.

Sep. 2009 – Jul. 2010

New Market, Tennessee

**Education** **Intern,** **Highlander** **Research** **and** **Education** **Center**

I acquired skills on the methodology of popular education and learned how to apply them toward advancing grassroots social justice movements, campaigns related to racial and immigrant justice, youth leadership, solidarity economics, and building collective leadership in the U.S. South and Appalachian regions.

Assisted and supported staff and my supervisor in the development and execution of workshops, retreats, and summits on the land, and in other

locations across the U.S. South

EDUCATION

May. 2019

May. 2007

May. 2005

**Ph.D.:** **Sociology**

Temple University - Philadelphia, PA

**Bachelor** **of** **Arts:** **Sociology** **&** **International** **Studies** Emory University - Atlanta, GA

**Associate** **of** **Arts:** **Sociology**

Oxford College of Emory University - Oxford, Georgia

SKILLS

Skillful

Experienced

Expert

Expert

Experienced

Expert

Experienced

**Web** **Development** **(Wix** **Platform)**

**Microsoft** **Office** **(Word,** **Excel,** **Powerpoint)**

**Teamwork** **&** **Collaborative** **Spirit**

**Research,** **Interpretation** **&** **Analysis**

**Self** **management** **&** **Leadership,** **Initiative** **and** **motivation, Project Management**

**Communicating** **Effectively** **with** **non-academics**

**Semi-fluent in Hindi and Spanish**

PUBLICATIONS

[2021 “The City of Radical Love: A Philly Story of Oppression, Resistance, and Healing” in *Practicing* *Yoga* *as*](https://www.routledge.com/Practicing-Yoga-as-Resistance-Voices-of-Color-in-Search-of-Freedom/Hagan/p/book/9780367470524) [*Resistance:* *Voices* *of* *Color* *in* *Search* *of* *Freedom,* Ed. by Cara Hagan, Routledge, NY.](https://www.routledge.com/Practicing-Yoga-as-Resistance-Voices-of-Color-in-Search-of-Freedom/Hagan/p/book/9780367470524)

2020 “Towards a Critical Embodiment of Decolonizing Yoga,” *Race* *and* *Yoga,* *5(1)*: pp. i-x. <https://escholarship.org/uc/item/9bx1x7wc>

2020. “Embodying Yoga Liberation: Growing Roots in Philly.” *Abcdyogi*.

2020 “Spectacles of Compassion: Modi’s Weaponization of Yoga,” *Jadaliyya*. May 4, 2020.

2018 “‘They Can Only Stretch the Bond. They Can’t Break it.’” *Colorlines*. Nov. 21, 2018.

2018 “Cultivating a Yogic Theology of Collective Healing: A Yogini’s Journey Disrupting

White Supremacy, Hindu Fundamentalism, and Casteism,” *Race* *and* *Yoga*, 3(1).

2017. “DRUM’s Soulful Beat: Desis Embodying Radical Healing” in *Reimagining* *Magazine*, Retrieved Dec 10, 2019. Chicago Wisdom Project.

2016 “Color-Blind Racism in the Media: Mindy Kaling as an ‘Honorary White,’” *Race* *and* *Contention* *in* *21st* *Century* *U.S.* *Media*, Edited by Bhoomi Thakore and Jason Smith, Routledge, New York.

AUDIO PUBLICATIONS (PODCASTS)

2021 Guest Presenter. “War and Peace.” *No* *Quarter* *Buffalo* Podcast. 2021, May 17.

2021 Guest Presenter. “Sellouts and Zealots (W/ Sheena Sood)” *Conspirituality* Podcast. 2021, May 6.

2021 Guest Presenter. “Caste, Decolonization, and Liberation” *J.* *Brown* *Yoga* *Talks* Podcast. 2021, Feb 22.

INVITED PRESENTATIONS/WORKSHOPS

July 2019

2018-2020

8-week “Meditations with Malcolm" Series with Youth Organizers at the Philadelphia Student Union

“Decolonizing Yoga” Workshops:

Oct 2021: Loyola Marymount University, Los Angeles, CA (Virtual)

Oct 2021: Three Queens Yoga, Philadelphia, PA

May 2020: “Asian Healing Practices…,” LGBTQ Affairs. Philadelphia, PA; May 2020, Aug 2020 & Sept 2020: People’s Hub (Virtual);

Nov 2019: Maha Yoga Studio, Philadelphia, PA; June 2019: Mystic Soul Conference, Chicago, IL

July 2018, 2019, 2020 & 2021: Studio 34 Yoga & Arts, Philadelphia, PA;

AWARDS, FELLOWSHIPS & GRANTS

2020

2013-2020:

Lori Hermelin Bush Seed Fund Recipient, $5,000 award for Yoga Warrior Tales.

Leeway Foundation Awards:

2020 & 2021: $1,000 and $1,300 Window of Opportunity Grants;

2017: $15,000 Transformation Award; 2013: $2,500 Art and Social Change Grant;