

# Wasentha Young, MA

Program Developer; Master Instructor of Tai Chi, Chi Kung, and Mindfulness/Integrative Practices;  
Mosaic Artist

wasentha@me.com

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## Experience

### **Director / Founder / Proprietor at Peaceful Dragon School/Harmony of Energy Center**

January 1986 - Present (29 years 11 months)

Direct administrative operations, develop curriculum, master instructor, and train / certify instructors. • Develop yearlong operational strategic plan • Teach and design comprehensive curriculum and educational publications (manuals and dvd's) for multilevel students of diverse backgrounds, ages and abilities • Train and supervise instructor in Tai Chi body mechanics, physiological and psychological energy techniques, and tension release trigger points • Orchestrate community events, presentations, and performances on and off-site • Mentor complementary / alternative medicine instructors and school owners

### **Health and Wellness Presenter / Consultant at Independent Freelancer**

January 1974 - Present (41 years 11 months)

Custom design, teach, and develop stress reduction strategies for individuals and groups (400+) in public and private schools, corporations, retreat centers, and health systems (patient care and staff) as well as provide supportive learning materials. • Key speaker and workshop presentation sites include, but not limited to: o University of Michigan Integrative Medicine, Labor Studies, Plastic Surgery, and MFit; o St. Joseph Mercy Hospital, MI; o Kaiser Wellness, CA; o Institute of Transpersonal Psychology, CA; o National Institute for the Clinical Application of Behavioral Medicine o Rudolf Steiner High, MI o The Clearing Retreat Center, WI; o Omega Institute, NY. • Private consultations; developed / created individualized wellness programs

### **Program Manager/Coordinator - Retired at University of Michigan**

November 2009 - October 2012 (3 years)

Designed, developed, managed, and coordinated a Visiting Scholars Program for the University of Michigan Center for Occupational Safety and Health Engineering (Education and Research Center). This program, named The Visiting Partners Program (VPP), offers a novel opportunity for busy mid-career professionals to collaborate with experienced UM faculty on projects addressing Occupational and Environmental Health and Safety (OEHS) issues relevant to their work. It is a part-time non-residential program that benefits educators at university, college, and high school levels; practitioners of OEHS in businesses, labor unions, and governmental agencies; and writers, photographers, or artists, who want to integrate OEHS topics into their work. The VPP is funded by the US National Institute for Occupational Safety and Health and is based in three units of the University of MI: The School of Public Health, School of Nursing, and College of Engineering, and has more than 50 associated faculties.

## **Mosaic Art Instructor at Ann Arbor Arts Center**

September 2010 - May 2011 (9 months)

I started painting, writing poetry, and did beadwork in my early teens. As a young adult I accomplished displaying my artwork in New York City art galleries and was accepted into the juried Village Art Show. I was a student of internationally renowned mosaic artist, Yulia Hanansen. In addition to using smalti glass, in her classes I integrate several styles of glass mosaics including stained glass, crazy pavement, and byzantine; I moved into using a variety of materials such as stone, minerals, and metal as I began to attend intensives workshops with master mosaic artists, Maggie Howarth, Matteo Randi, Verdiano Martzi (at the Chicago Mosaic School). Currently I am a certificate student at the Chicago Mosaic School.

## **Health Educator at University of Michigan Health System**

January 2000 - May 2009 (9 years 5 months)

Designed and presented culturally specific programs and educational materials that focus on physical activity to decrease health disparities for under-served populations. • Improved behavioral and bio-stat outcomes in staff wellness program for operations and support service hospital division approximately 8% by surveying and coordinating inter-departmental collaborations, applying organizational initiative and implementing strategies and deliverables • Provided grant writing input by researching protocol trends, policies, and designed / implemented program for culturally specific community interventions. Served as instructor and developed educational materials • Developed community partnerships, served as liaison by maintaining communication and handling public relations. Mentored partner organizations in their implementation of physical activity programs. • Led departmental Strength Weakness Opportunities and Threats (SWOT) model concluding with analysis, suggested modification and implementation of operational strategies based on findings

## **Founding Board Member - Events Coordinator at Association of Women Martial Artists**

January 1998 - January 2007 (9 years 1 month)

Planned and coordinated nationally attended conferences including all public relations and marketing for non-profit organization. • Contracted hotel and catering for events • Coordinated schedule of presentations • Coordinated contracts and teaching topics for instructors • Supervised volunteers

## **Marketing Specialist at Community Development Corporation**

January 1992 - May 1994 (2 years 5 months)

• Designed identity packages and marketing strategies for self-employed minority women. • Developed department newsletter and event programs.

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## Skills & Expertise

**Program Development**

**Art Instruction**

**Stress Management**

**Product Marketing**

**Program Design**  
**Time Management**  
**Independent Thinker**  
**Teamwork**  
**Innovative Design**  
**Wellness**  
**Health**  
**Meditation**  
**Art**  
**Teaching**  
**Public Speaking**  
**Research**  
**Writing**  
**Coaching**  
**Event Management**  
**Strategic Planning**  
**Program Management**  
**Training**  
**Qigong**  
**Creative Writing**  
**Poetry**  
**Community Outreach**  
**Integration**  
**Energy Healing**  
**Healing Arts**  
**Transpersonal Psychology**  
**Healthcare**  
**Healing**  
**Grant Writing**  
**Mindfulness**  
**Psychology**  
**Newsletters**  
**Health Education**  
**Public Relations**  
**Therapists**  
**Adolescents**  
**Leadership**  
**Stress**  
**Treatment**  
**Art Education**  
**Free Thinking**  
**Medicine**

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Education

Chicago Mosaic School

Non-Degree - Certificate Program, Mosaic Art, 2014 - 2016

Activities and Societies: Courses completed below. Member of the Chicago Mosaic School; Society of American Mosaic Artist; Mosaic Artists of Michigan

### **Various**

Independent Study, Qigong / Chi Kung / Tai Chi / Meditation, 1966 - 2015

Activities and Societies: Seminars and ongoing sessions

### **Institute of Transpersonal Psychology**

MA, Transpersonal Studies, 2002 - 2007

### **Goddard College**

BA, Health Arts and Science, 1996 - 1999

### **Grandmaster William C. C. Chen**

Master Instructor, Tai Chi Chuan, 1968 - 1999

### **Institute of Acupressure Berkeley, CA**

Certified, Acupressure/Chinese Medical Theory, 1994 - 1996

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## **Publications**

### **Eight Methods**

DVD and Vimeo January 1, 2010

Authors: Wasantha Young, MA

The 8 Methods (demonstrated by Master Young) are 8 images and accompanying movements created by Professor Cheng man-Ching, which gives simple mind/body language to the Tai Chi basic principles. These methods are very useful in introducing Tai Chi, teaching mature adults, and people who need reacquainting with their physical

### **Beginning Tai Chi**

DVD and Vimeo January 1, 2009

Authors: Wasantha Young, MA

Instructional DVD

### **T'ai Chi Ch'uan: A moving meditation.**

Qi Journal, 17(2), 28-35. January 1, 2007

Authors: Wasantha Young, MA

Article

### **Chi Kung Exercise Manual**

Self Published January 1, 2003

Authors: Wasantha Young, MA

Booklet - 14 Chi Kung Exercise - with photos and descriptions. Accompanied by instructional media on YouTube

### **Tai Chi Yang Style Short Form - Each Third Published Separately**

DVD and Vimeo November 1, 2015

Authors: Wasantha Young, MA

Instruction download with front, back, hands, and feet perspectives. Additional footage with basic principles.

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## Projects

### **Body and Soul Physical Activity Program**

January 2007 to Present

Members: Wasantha Young, MA

Co-Investigator - Physical Activity Research Intervention – African American churches

### **Improving Health for Arab American Women**

January 2005 to Present

Members: Wasantha Young, MA

Co-Investigator - Physical Activity Research Intervention

### **Active Hope Optimal Wellness –**

January 2003 to Present

Members: Wasantha Young, MA

Instructor of Tai Chi and Energy Work - Post Chemotherapy Blood Cancer Patients / University of Michigan Health System- Integrative Medicine

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## Organizations

### **Society of American Mosaic Artists**

Member

January 2011 to Present

### **Chicago School of Mosaics**

Member

January 2014 to Present

### **Association of Women Martial Arts Instructors**

Founding Board Member

January 1998 to Present

### **National Womens Martial Arts Federation**

Member

January 1989 to Present

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## Honors and Awards

### **Award of Excellence**

National Association of Women Martial Artists

June 2013

NWMAF is pleased to present Master Wasantha Young with the Award of Excellence this year, in recognition of her talents as an accomplished practitioner and excellent instructor of her martial and healing arts.

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## Summary

## Honors and Awards

2007 Fostering Innovations Grant, University of Michigan Health System 2006 Excellence in Patient Education, University of Michigan Health System 2004 Diversity in the Workplace, Co-facilitator, University of Michigan 2000 Worksite and Community Health Project, Physical Activity Trainer, MI 1990, 1994 Women's Initiative for Self Employment (WISE) Achievement Award, Center for Empowerment and Economic Development, MI

## Interests

Mosaic Art Project/Design Program development Consultant - stress management strategies Wellness Coordinator Wellness Program Manager Networking Collaborations

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## Certifications

**Acupressure and TCM 5 Elements; Wellness Counseling and Mind Body Consciousness**

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## 8 people have recommended Wasentha

"I have studied Tai Chi Chuan with Master Young at the Peaceful Dragon School for over 8 years. I have also completed instructor training under her masterful guidance and have taught at the school for 4 years. Like the Tai Chi form itself, Master Young exemplifies a calm, grace and careful listening (with all her senses) that make her not only an amazing practitioner of the art but also a wonderful teacher and mentor. Her ability to meet each student at his or her level and give just the right bit of guidance and encouragement in just the right way is central to her success as a teacher whether of the form itself or how to teach the form. Her long experience with both practicing and teaching have given her profound insights into how others learn, and she is expert at both conveying these insights to instructors-in-training and at incorporating them into her training program. I cannot recommend her enthusiastically enough."

— **Chris Luebbe**, worked directly with Wasentha at Peaceful Dragon School/Harmony of Energy Center

"I have had the great privilege to take many tai chi classes from Master Young. Her mastery, not only of Tai Chi but of the integrative aspects of the art with daily life, made the class an extremely rewarding experience. Master Young's teaching skills made learning tai chi fun as well. I also know Wasentha as a friend of many years. I have often been impressed by her continual quest, and her successes in that quest, to find new and innovative ways to reach out to aid different communities in achieving improved physical and mental well being. I have no doubt that whatever position Wasentha is in that she will be successful, achieve great results and that it will benefit many people."

— **Rosanne Arnowitz**, was Wasentha's client

"Wasentha commands your attention with a combination of quiet charisma and empathy. As a teacher she imparts her knowledge and wisdom with confidence and humor. I would recommend her highly in any instructional or consulting context. Marty Somberg Owner/Creative Director Somberg Design"

— **Marty Somberg**, was Wasentha's client

"Wasentha Young is a Master and scholar in the art of tai chi chuan and qigong who cares deeply about her students' physical, mental, and spiritual well-being. I arrived at her workshop (hosted by Per Ankh wellness

and cultural center in Frederiksted, St. Croix, U.S.V.I.) exhausted, stressed, and congested with bronchitis. After following Wasentha's advice, I left St. Croix feeling light as a feather and with a plan to take better care of my well-being/stay in balance. Wasentha's calm wisdom is a priceless treasure. I am more than pleased to recommend her knowledge and her work unconditionally."

— **Annette Irving**, was with another company when working with Wasentha at Peaceful Dragon School/ Harmony of Energy Center

"Wasentha should be considered for those groups, organizations and companies looking to springboard real world applications of health and wellness into their curriculum. Wasentha's approach is engaging and interactive with positive feedback a consistent result of her programs. I would encourage groups looking for informative and entertaining break-out sessions to consider Wasentha."

— **Denise Anne Taylor**, worked directly with Wasentha at Independent Freelancer

"I highly recommend Wasentha Young as a freelance wellness consultant and presenter. I was recovering from post-operative complications after the C-section birth of my son in June 2009. She provided me with acupressure, visualization exercises, therapy using mantras (healing sounds) and guidelines on techniques I could use on myself as well. Wasentha's compassion, expertise and in-depth training in mind/body/spirit disciplines such as acupressure, chi gong and working with chi (energy) helped me to recover much more quickly and fully in a couple of weeks as opposed to a couple of months."

— **Lani Kwon, MA**, was Wasentha's client

"Wasentha has been an active member of our physical activity network and was instrumental in assisting our Cancer Center with implementation of the Body & Soul program with local African American churches. As a health educator, Wasentha creates interactive, tailored health programs that are efficient and relevant to the target audience. She has an excellent grasp of community based participatory research and a keen understanding of how to design and implement culturally appropriate health education programs. In my experience with Wasentha, I have found her to be outgoing, respectful, hardworking, and able to work with diverse groups. She has strong interpersonal and communication skills. I am confident that she will be an asset in her next professional setting and highly recommend her."

— **Aisha T. Langford, PhD, MPH**, worked with Wasentha at University of Michigan Health System

"Wasentha has exception expertise in health education and wellness promotion activities. She has specific knowledge and insight on many aspects of cultural diversity. She knows what it takes to get people, who may not otherwise identify with or participate in mainstream programs, actively involved and take ownership for their own health and well being. She has a special way of connecting with people to motivate them to change risky behaviors and make it fun! For additional information or specific examples of Wasentha's unique qualities, please email Steve Raymond at: raymonds@umich.edu"



— **Steve Raymond**, worked with Wasantha at University of Michigan Health System

[Contact Wasantha on LinkedIn](#)