

Sangeeta Laura Biagi, Ph.D.

Voice Awareness Specialist and Coach

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EDUCATION

- 2013 *Two Year Advanced Yoga Teacher Diploma*, International Center for Yoga Education and Research, Tamil Nadu, India.
- 2007 *Official Florence Tour Guide Permit and National Tour Escort Permit.*
- 2004 *Ph.D., Performance Studies*; Focus: intercultural communication and voice studies; Tisch School of the Arts, New York University, New York.
- 1999 *M.A., Performance Studies*; Focus: intercultural communication and voice studies, Tisch School of the Arts, New York University, New York.
- 1998 *B.A. with Distinction, Foreign Languages and Literatures*, University of Siena, Italy.

TRAINING IN HEALTH & LIFE COACHING, DIVERSITY AND INCLUSION

- 2020 *Health and Life Coach Training*, Health Coach Institute.
- 2019 *Values-Centered Leadership Training*, Level I, sponsored by The Hay Project, DePaul University.
- 2019 *Cracking the Code Facilitator Training* with Ericka Huggins, Office of Institutional Diversity and Equity at DePaul University, Chicago.
- 2016-17 *BUILD Diversity Certificate Training*, Levels I and II, Office of Institutional Diversity and Equity, DePaul University.
- 2017 *Inside-Out Prison Exchange Program International Instructor Training*, Inside-Out Center, Philadelphia.

AWARDS

- 2023 Yoga Thilagam, “Star of Yoga”, Pondicherry Yogasana Association, India
- 2020 *Excellence in Teaching Award*, The Theatre School and Quality of Instruction Council at DePaul University Award given in recognition of the dedication and skill that faculty members bring to their work, and to the high regard in which they are held by students and colleagues.
- 2019 *Staff Recognition Award*, The Theatre School at DePaul University Award given in recognition of service to The Theatre School for designing, creating and directing the first Summer High School Training Program.

RELEVANT ON-LINE FEATURES

- 2020 *THE GIRL INSIDE*, Emmy-nominated short documentary by 1 Girl Revolution, in partnership with BEHOLD, featuring a poignant look at the stories of incarcerated women within Cook County Jail in Chicago and a life-changing academic course taught by Dr. Laura Biagi.
- 2018 “*Reimagine Failure: Breathe, Belong, Believe*” TEDx Talk, May 5, 2018. DePaul University, Chicago.

SELECTED TRAINING IN THE PERFORMING ARTS

- 2009-present *Carnatic Singing*, ICYER, India.
- 2000 *Italian Folk Songs*, with Giovanna Marini, Rome, Italy.
- 2000 *Frame Drums*, with Glen Velez, New York City.
- 1999 *Street Theater*, with The Living Theatre, New York City.
- 1998-2004 *Deep Listening and Composition*, with Pauline Oliveros, New York City.
- 1998-1999 *Extended Vocal Techniques*, with the Meredith Monk Ensemble, New York City.
- 1998 *Theater of the Oppressed*, with Augusto Boal, New York University, New York City.

PROFESSIONAL APPOINTMENTS

Yoga

- 2022-present *Guest Faculty of Nada Yoga*, School of Music Therapy, Institute of Salutogenesis and Complimentary Medicine, SBV, Pondicherry, India
- 2022 *Director of Studies and Research, Gitananda Nada Yoga*, ICYER at Ananda Ashram, India
- 2021-2022 *Faculty of the Online Six-Month Gitananda Nada Yoga Immersion*, led by Yogacharya Dr. Ananda Balayogi Bhavanani, a collaboration between the International Center for Yoga Education and Research, India, and Soul Sound Academy, Italy.
- 2020-2021 *Mentor and Guest Faculty*, Yoga Step by Step Online Course, taught by Yogachariya Dr. Ananda Balayogi Bhavanani, International Center for Yoga Education and Research, Tamil Nadu, India.
- 2020-present Online courses in Gitananda Nada Yoga

Performance Studies

- 2016-2020 *Multicultural Faculty*, The Theatre School, DePaul University, Chicago.
Focus: Theatre Studies, Theatre for Social Change, Inside Out Prison Exchange Program.
- 2019-2020 *Artistic Director*, Summer High School Training Program, The Theatre School, DePaul University, Chicago.
- 2008-2016 *Visiting Professor*, Italian Studies Department, Vassar College, New York. Focus: Italian Cultural Studies
- 2009 *Director*, Summer Program in Italy, Vassar College, New York.

PUBLICATIONS

BOOKS

- 2023 *Nada Yoga: The Vibratory Essence of the Yoga of Sound*, with Dr. Ananda Balayogi Bhavanani, Singing Dragon (forthcoming)
- 2021 *La Voce Arcana: Viaggio alla Scoperta di Sé con gli Arcani Maggiori dei Tarocchi*, RPLibri.
- 2021 *PERLE DI SARASVATĪ: Dialoghi sullo yoga del suono*, with Dr. Ananda Balayogi Bhavanani, Laksmi Editore.
- 2013 *Sarasvathi's Pearls: Dialogues on Yoga and Music*, with Dr. Ananda Balayogi Bhavanani, Dhivyananda Creations, Pondicherry, India.

ESSAYS & ARTICLES

- 2022 Biagi, Sangeeta Laura e Mario Raffaele Conti. "Arte del Respiro", *Yoga Journal*, Anno XVII, N. 162; pp. 41-47.
- 2022 Biagi, Sangeeta Laura. "Lo Yoga delle Vibrazioni e della Voce", *dbn Magazine*, marzo 2022; pp. 22-25.
- 2017 Biagi, Laura. "In Paradise with Contemplative Pedagogy: A Journey." In *Journal of Contemplative Inquiry*, 4 (1). Trudy and David Sable, co-editors. The Center for Contemplative Mind in Society, 129-142.
- 2015 Biagi, Laura. "Spider Medicine: Vocal Awareness and Empowerment." In *Courageous Creativity*. Shahana Dattagupta, editor. Seattle: Flying Chickadee, 16-18.
- 2013 Biagi, Laura. "Yoga: Breaking the Spell of Ignorance." In *Spell Breaking, Remembered Ways of Being: An Anthology of Women's Mysteries*. Ione, editor. Kingston, NY: M.o.M./Deep Listening Publications, 37-46.
- 2003 Biagi, Laura and Karen Lüdtkke. "Estadanza, un corso sui tre balli della taranta." In *Melissi, Le Culture Popolari* n. 6/7. Lecce: Besa, 63-66.

CONFERENCES

- 2022 "Vishuddha Chakra: The Key to Refine Active Listening and Communication in a Therapeutic Setting," *Strengthening the Cultural Ethos of Yoga Therapy, International Yoga Therapy Convention*, Center for Yoga Therapy Education and Research and Sri Balaji Vidyapeeth, Pondicherry, India.

- 2021 “Kleshas, Koshas, and the Benefits of Chanting the Pranava AUM”, *International Webinar on Enhancing Salutogenesis through Yoga Therapy*, Center for Yoga Therapy Education and Research and Sri Balaji Vidyapeeth, Pondicherry, India.
- 2020 “Nada Yoga for Yoga Therapy,” *Annual Symposium of Yoga Therapy*, The International Association of Yoga Therapy, Chicago.
- 2019 “Contemplative Practices in Prisons,” *National Conference on Higher Education in Prison*, St. Louis.
- 2019 “Storytelling as A Healing Art,” *8th International Health Humanities Consortium Meeting*, DePaul University, Chicago.
- 2018 “Contemplative Practices in Academia,” *18th International Conference on Diversity in Organizations, Communities and Nations*, University of Texas at Austin, Austin.
- 2017 “Contemplative Pedagogy and Inclusive Leadership at Cook County Jail,” Inside-Out Prison Exchange Program 20th Anniversary Conference *Inside-Out at 20: The Power of Connection and Community*, Temple University, Philadelphia.
- 2017 “Contemplative Pedagogy and Inclusive Leadership,” *Beyond Grades: Capturing Authentic Learning*, DePaul University Teaching and Learning Conference, DePaul University, Chicago.
- 2015 “Yoga for Healing Trauma,” The Sexual Assault and Violence Prevention (SAVP) Program at Vassar College, New York.
- 2015 “Contemplative Practices for Social Harmony,” *Association for Contemplative Mind in Higher Education Conference: Building Just Communities*, Howard University, Washington, D.C.
- 2012 “Healing Through the Pranava AUM,” *Conference: Mind Body Medicine National Conference*, Department of Physiology, Jawaharlal Nehru Medical College, Wardha, India.

INVITED LECTURES

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- 2022-2023 “*Music and Psychology*”, “*Humanist Theories and Approaches to Music Therapy*”, “*Conflict Resolution and Team Building*”, School of Music Therapy at the Institute of Salutogenesis and Complementary Medicine, Sri Balaji Vidyapeeth, Puducherry, India.
- 2022 “*Relaxation Techniques for Enterprises*,” CreteMe, California.
- 2020 “*Sound Healing For Optimal Health*.” Stress-reduction techniques in response to COVID 19, Office of Alumni Relations, DePaul University, Chicago.
- 2020 “*Virtual Breathwork and Meditation Session*.” Stress-reduction techniques in response to COVID 19, Division of Marketing and Communications, DePaul University.
- 2020 “*Contemplative and Theatre Practices for Change Makers and Diversity Advocate*.” Office of Institutional Diversity and Equity and the BUILD Program, DePaul University, Chicago.
- 2019 “*Failure Immunity: Contemplative and Theatre Practices for Change Makers*.” FIELD/WORK Residency, Chicago Artists Coalition, Chicago.
- 2018-2019 “*Diversified Approaches to Reflection: Strategies for Integrating Academic and Community-based Learning Objectives*.” Steans Center for Community Service and Learning, DePaul University, Chicago.
- 2018-2019 “*Contemplative Practices and the Heart of Inclusion*.” B.U.I.L.D. Inclusion and Diversity Program, Office of Institutional Diversity and Equity, DePaul University, Chicago.
- 2018 “*Diversified Approaches to Reflection: Strategies for Integrating Learning*.” Steans Center for Community Service and Learning, DePaul University, Chicago.
- 2018 “*Bias, Privilege, and Inclusion*.” Contemplative Inquiry Team, the Performance Studies Lab, the Center for the Advancement of Teaching and Faculty Development and the Department of Communication Studies at Xavier University of Louisiana, New Orleans.
- 2018 “*Theatre and Contemplative Techniques for Inclusive Leadership*.” Contemplative Inquiry Team, the Performance Studies Lab, the Center for the Advancement of Teaching and Faculty Development and the Department of Communication Studies at Xavier University of Louisiana, New Orleans.
- 2018 “*Storytelling as a Healing Art*.” *Mindful Activism* course. Professor: Helen Damon-More, DePaul University, Chicago.
- 2018 “*Relaxation through Sound Healing*.” DePaul Women’s Network, DePaul University, Chicago.

- 2017 “*The Art of Improvisation.*” *Arts Administration and Policy* course. Professor: Kathleen Dumbleton and Romi N. Crawford, School of the Art Institute of Chicago, Chicago.
- 2016 “*Meditative Listening Sessions,*” *Navigating and Addressing Race and Race Relations*, The Theatre School at DePaul University, Chicago.

PROFESSIONAL PERFORMANCE WORK

- 2019 Playwright, Director and Performer. *Singing the Dragon*, Collaboractions’ site-specific festival of short performances at Clouds’ Gate, Millennium Park, Chicago.
- 2019 Playwright, Director and Performer. *Self-Love*, Fillet of Solo Festival, Chicago; Los Angeles Women’s Theatre Festival, Los Angeles.
- 2019 Playwright, Director and Performer. *Open Questions*, in collaboration with shadow puppeteer Karly Gesine-Bergmann, is selected for Collaboraction’s Encounter Series, Chicago.
- 2018 Storyteller. *Stammi a Sentire*, concert of Italian folk songs, Italian Cultural Institute, Chicago.
- 2018 Playwright, Director and Performer. *Self-Love*, solo performance, Stage 773.
- 2017 Playwright, Director and Performer. *The High Priestess*, Peacebook Festival, Collaboraction. Goodman Theatre Chicago; *Chicago Ideas Week*, Chicago.
- 2016 Director. *BeLoning*, student-devised play, The Theatre School, DePaul University, Chicago.
- 2015 Mentor. *In Light Of*, student-devised play, Hudson Valley Hospice and the Creative Arts Across Disciplines Initiative at Vassar College, New York.
- 2012 Storyteller. *Aurum*, performance of devotional chants and prayers, Skinner Hall of Music, Vassar College, New York.
- 2008 Playwright, Director and Performer. *Danza del Sole*, dance performance, Astralia Festival, PaRDeS Center of Contemporary Art, Mirano, Venice, Italy.
- 2007 Playwright, Director and Performer. *Voices from Home*, concert of Italian folk songs, Italian Departments, Vassar College and New York University, New York.
- 2003 Storyteller. *Lullabies and Dreams*, performance of folk Italian and Indian Music with flutist, Steve Gorn, Gallery at Deep Listening Space, New York.
- 2003 Playwright, Director and Performer. *Italian Dreams*, a performance of music, dance, and tales, in collaboration with Italian-American storyteller Gioia Timpanelli, Gallery at Deep Listening Space, New York.

UNIVERSITY SERVICE

- 2017-2018 BUILD (Professional Development Diversity Program) Advisory Board Member and Instructor, Office of Institutional Diversity and Equity, DePaul University, Chicago
- 2017-2018 DePaul Women's Network, Programming Team Member, DePaul University, Chicago

LANGUAGES

Italian: native speaker
 English and French: near-native proficiency
 Sanskrit: scholarly knowledge