



<http://www.laurelhovde.com>

[laurel@laurelhovde.com](mailto:laurel@laurelhovde.com)

[lhovde@saber.net](mailto:lhovde@saber.net)

<http://www.naturalmeditation.net>

[foundation@naturalmeditation.net](mailto:foundation@naturalmeditation.net)

[karuna@naturalmeditation.net](mailto:karuna@naturalmeditation.net)

21884 Frontier Rd., Clovis, CA 93619

(559) 593 2825

## Laurel Hovde

### Teaching Credentials

|   |   |          |
|---|---|----------|
| Standard Secondary<br>Teaching<br>Life Credential | Spanish & History 7-14                    | CA 1970  |
| General Secondary Life<br>Diploma                 | All subjects 7-12                         | CA 1971  |
| Language Development<br>Specialist                | ESL K-12<br>Impacted language<br>programs | CA 1987  |
| ICT Instructional<br>Certificate                  | Instructional Technology<br>Cal Poly      | CA 2000. |

### Education

|             |   |                    |
|-------------|---|--------------------|
| 1958 - 1962 | University of Illinois<br>BA Liberal Arts and Sciences 1962<br>Latin American Studies & Spanish | Urbana IL          |
| 1965 - 1966 | Illinois State University<br>Certification Secondary Education<br>Spanish & Social Studies      | Normal IL          |
| 1975 - 1977 | University of San Francisco<br>MA Education 1977<br>Secondary Curriculum<br>Development         | ▪ San Francisco CA |
| 1985 - 1986 | Illinois State University<br>Post graduate studies<br>Education & Languages                     | Normal IL          |

**Professional Experience**

|             |   |                            |
|-------------|---|----------------------------|
| 1999 - 2000 | California Poly<br>Institute of Computer Technology<br>Instructional Technology                                 | San Luis Obispo CA         |
| 1999- 2002  | Sonoma State University<br>Path Finders Teach Tech<br>Web Design, Instructional<br>Technology                   | Rohnert Park CA            |
| 1962 -1965  | Peace Corps Teacher<br>Chemistry, English   | Baños, Tungurahua, Ecuador |
| 1967-1969   | Escola Pan Americana<br>Spanish, History, English Teacher   | Salvador, Bahia, Brasil    |
| 1969-1976   | Pinole Junior High School<br>English & Math Teacher   | Pinole, CA                 |
| 1976-1982   | Sanatana Dharma Foundation<br>Yoga Teacher and Course Instructor  | St. Helena, CA             |
| 1984-1985   | Nagoya International School<br>Night School Director of English<br>Teacher English Second Language              | Nagoya, Japan              |
| 1985-1989   | Westlake Junior High School<br>International Department<br>English, Science & Math Teacher                      | Oakland, CA                |
| 1989-1992   | Flaxley Home Schooling<br>Elementary Grades   | Flaxley, SA Australia      |
| 1992-1993   | Kingsburg High School<br>Spanish Teacher  | Kingsburg, CA              |
| 1993-1995   | Clovis Adult School<br>Spanish Teacher  | Clovis, CA                 |
| 1994-1995   | United States Internal Revenue Service:<br>Telephone Response Team<br>Spanish Curriculum Developer &<br>Teacher | Fresno, CA                 |
| 1996-2003   | Vintage High School<br>Spanish Teacher &Technology<br>Lab Supervisor  | Napa CA                    |

|              |  |                                |
|--------------|--|--------------------------------|
| 2003-2011    | Natural Meditation of Australia<br>Natural Yoga Teacher & Related Skills             | Merimbula, NSW Australia       |
| 2003-present | Foundation for Natural Meditation<br>Webmaster, Researcher & Teacher<br>Natural Yoga | St. Helena, Napa,<br>Clovis CA |

**Interests &  
Activities**

Languages: Spanish fluent, Portuguese good  
Some German and Japanese

World Languages Department: Chairperson Vintage High School  
Set up and ran World Languages Computer Laboratory and trained teachers to use it

Extensive World Traveling and Cultural Research

Natural Yoga Practitioner: Initiated 1975, practice continuing to present

Love: languages, literature, art, music, computer technology and meditation