



Summary of Qualifications

Booker brings her heart and wisdom to the intersection of Dharma, Embodied Wisdom, and Activism; an integration of ancient wisdom practices that support us in navigating our modern world. She shares her expertise nationally as a guest lecturer at conferences, universities, and Dharma centers, on expanding our vision around culturally responsive teaching, and changing the paradigm of self and community care.

Education

Bachelors of Science, Fashion Merchandising, Virginia Commonwealth University | 1999

Trainings

Spirit Rock Meditation Center, Retreat Teacher Training | 2020

Spirit Rock Meditation Center, Community Dharma Leaders' Training | 2017

Spirit Rock Meditation Center, Mindful Yoga and Meditation 500hr | 2013

Spirit Rock Meditation Center, Mindful Yoga and Meditation 200hr | 2012

New York Open Center, Prana Yoga 200hr Teacher Training | 2007

Institute of Integrative Nutrition, Nutritional Health Coach | 2003

Contact



646.498.3583



booker@lesliebooker.com



LeslieBooker.com



PO Box 132
New York 10031

- Nationally-recognized for creating culturally responsive environments and changing the paradigm of self and community care.
- Consultant to the research team at Yale University studying the impact of COVID - 19 on the health of Black Americans.
- Lectures and facilitates workshops and retreats across the country utilizing social justice principles along with embodied wisdom practices to bolster efforts in creating a just and sustainable world.
- Featured presenter at Mind & Life Institute's International Symposium, Contemplative Minds in Higher Education, and Mindfulness in Education conferences, as well as at prominent universities across the country.
- Member of several Think Tanks at the Fetzer Institute in partnership with the Global Peace Initiative of Women, Contemplative Mind in Higher Education, and the Mindful Justice Meeting.
- 15+ years of mindfulness meditation and intensive retreat practice.
- Facilitated a mindfulness and Cognitive Behavioral Therapy intervention program on Rikers Island with NYU and National Institute for Health.
- Shared mindfulness and yoga practices with incarcerated and vulnerable populations for more than 10 years.
- Trainer for Peace Corps' Jaffe Fellows and Teaching Residents at Columbia University's Teachers College.
- Contributor to several academic papers and books on topics of engaged mindfulness and bringing practice into everyday life.

Honors

Mindful.org's 10 Most Powerful Women in the Mindfulness Movement - Peer Nominated | 2020

Sojourner Truth Leadership Circle Fellow, Auburn Seminary | 2020

Kataly Foundation | 2020

Featured Activist Lipstick Lobby Campaign | 2018

Yoga Dana Foundation | 2009

Professional Experience

- Dharma Yoga and Meditation Training, Co-Director | Spirit Rock Meditation Center | 2021
- Mindful Meditation Teachers Certification Program, Mentor | Sounds True | 2019 – Present
- Trauma Support, Collective Member | Bajacú Boricua | 2019
- Dharma Yoga Training, Guest Teacher | Spirit Rock Meditation Center | 2018 - Present
- Executive Leaders of Supportive Housing Annual Retreat, Facilitator | Garrison Institute | 2017 - Present
- Social Justice and Anti-Oppression Facilitator | Bending Towards Justice | 2015 - 2019
- Senior Teacher and Director of Teacher Trainings | Lineage Project | 2007 - 2017
- Radical Hospitality Host | Charlotte's Place | 2011 – 2015
- Mindfulness and Cognitive-Based Therapy Intervention Program, Facilitator | National Development and Research Institute / NYU and National Institute of Health on Riker's Island | 2009 – 2011
- Yoga Teacher | Various Social Service Agencies, New York | 2009 - 2017
- Event Coordinator / Faculty Liaison | New York Open Center | 2005 - 2008
- Fashion Industry, Stylist / Producer | 1999 - 2007

Visiting Academic Faculty / Trainer

Columbia University | Teachers College

Columbia University | Peace Corps Jaffe Fellows

Fetzer Institute

New York University | Mindful NYU/ Global Spiritual Life

New York University | School of Nursing

Pitzer College | Urban Studies Department

University of Virginia | Contemplative Sciences Center

Vassar College | Religious and Spiritual Life

Yale University | School of Medicine

Social Justice / Engaged Mindfulness Activist & Trainer

Compassion NYC | New York

Center for Urban Community Services | New York

Engaged Mindfulness Institute | International

Lineage Project | New York City

#NamingTheLost | Faith Matters Network

Off the Mat Into the World | National

Riseboro Community Partnership | New York

The Watershed Center | New York

Mindfulness/Insight Meditation Residential Retreat / Workshop Teacher

Community Meditation Center | New York

Copper Beech Institute | Connecticut

East Bay Meditation Center | California

Garrison Institute | New York

Insight Meditation Society | Massachusetts

Kripalu | Massachusetts

Marin Sangha | California

Mission Dharma | California

New York Insight Mediation Center | New York

Omega Institute | New York

Shambhala Meditation Center | Colorado

Spirit Rock Meditation Center | California

Third Root Community Health Center | New York

Urban Sangha Project | New York

Yoga Service Council | New York

Zen Center for Contemplative Care | New York

Yoga Teacher / Trainer

Akasha Project | New York

Bend The Arc | New York

Bridges, Juvenile Detention Center | New York

Covenant House | New York

Crossroads, Juvenile Detention Center | New York

Greenhope Services for Women | New York

Horizons, Juvenile Detention Center | New York

Inwood House | New York

Liberty Partnership Program | New York

Lineage Project | New York

Off the Mat Into World | National

Reciprocity Foundation | New York

Third Root Community Health Center | New York

Leadership/Advisory Boards

Elm Community Insight, Guiding Teacher | 2019 - Present

Evolutionary Leaders, Member | 2019 - Present

New York Insight, Teacher's Council | 2018 - Present

Lineage Project, Advisory Board Member | 2018 - Present

The Art of Yoga Project, Advisory Board Member | 2016 - Present

Roundtable at Georgetown Law's Center on Poverty and Inequality, Contributor | 2015

Urban Sangha Project, Founder | 2011

Meditation Working Group of Occupy Wall Street, Co-Founder | 2011

Yoga Service Council at Omega Institute, Co-Founder | 2009

The Watershed Center, Board Member | 2015

Publications*Embodying Radical Presence* | Author | Spirit Rock Meditation Center | 2019*Gender & Trauma—Somatic Interventions for Girls in Juvenile Justice* | Contributor | Georgetown Law's Center on Poverty and Inequality's report | 2017*YOGA: The Secret of Life* by Francesco Mastalia | Contributor and featured Yogi | PowerHouse Books | 2017*Best Practices for Yoga in a Criminal Justice Setting* | Co-Author | Yoga Service Council | 2017*Real Happiness at Work* by Sharon Salzberg | Contributor | Workman Publishing | 2013*How a Teacher Found Her Calling* | Author | Yoga Journal | 2014*How to Practice Walking Meditation* | Author | Lion's Roar | 2018*The Delusion of Separateness* | Author | Sangha Live | 2019*Three Teachers Weigh In* | Author | Copper Beech | 2018**Conferences****Keynote Speaker**

- Contemplative Practices for Higher Education | Virginia Tech, Virginia | 2020
- The Radical Act of Presence - Holistic Healing & Recovery through Integrative Medicine Conference | Connecticut Women's Consortium, Connecticut | 2019
- Broken and Brilliant: Changing the Paradigm of Self-Care from Individual Act to Communal Covenant | Yoga Service Council, Omega Institute, New York | 2017
- Investigating our Unconscious Bias and Exploring our Assumptions | Yoga Service Council Conference, Omega Institute, New York | 2016

Featured Presenter

- From the Personal to the Collective: Deepening the Meditation Movement in collaboration with Global Peace Initiative of Women | Fetzer Institute, Michigan | 2020
- Self - Preservation Retreat for Educators | Contemplative Minds in Higher Education, Garrison Institute, New York | 2018
- Mindfulness, Ethics and Right Action | Mindfulness in America Summit: Wisdom 2.0, New York City | 2017
- Empowering the Heart of Healthcare | Shambhala Mountain Center, Colorado | 2017
- Embodied Mindfulness: Healing in Community | New York University, New York City | 2017
- Embodied Investigation of Skillful Speech and Action | Yoga and Social Justice Conference | 2016
- Wisdom Rising | Shambhala Mountain Center, Colorado | 2016
- Women Rising | Shambhala Mountain Center, Colorado | 2016
- Building Communities Meeting | Center for Contemplative Mind in Society | Fetzer Institute, Michigan | 2016
- Mindful Justice: Creating a Criminal Justice Setting Grounded in Mindfulness, Compassion and Human Dignity | Fetzer Institute, Michigan | 2015
- Building Just Communities: Learning from Activists | Association for Contemplative Mind in Higher Education Conference | Howard University, Washington DC | 2015
- Mindfulness in Supportive Housing | Supportive Housing Network of NYC, New York | 2015
- From Grassroots Community Building to Generating a Movement: An investigation of What it Means to Embody Your Vision of Change | Mind & Life Institute Pre – Conference | Mind & Life Institute’s International Symposium, Massachusetts | 2014
- Mindfulness in Education Conference | Omega Institute, New York | 2013
- Huffington Oasis | Democratic National Convention, North Carolina | 2012
- Mindfulness in Education Conference | Omega Institute, New York | 2009

Online Programs

Mindful Women Meditate Together | Mindful.org | 2019

Wise Woman Summit | Awake Network | 2019

The Delusion of Separateness | WorldWide Insight / Sangha Live | 2019

Faith in the Three Jewels | WorldWide Insight / Sangha Live | 2019

Mindful.org | Mindful Education Summit | 2018

Healing Trauma Summit | Sounds True | 2018

Wisdom of the Body Summit | Sounds True | 2018

Cultural Humility Webinar | Art of Yoga Project | 2017

Engaged Dharma: Love, Resistance and Skillful Action Series | Worldwide Insight / Sangha Live | 2017

Engaged Mindfulness Institute | Facilitator Trainer | 2011 - Present

Audio Meditation Recordings

DharmaSeed.org | Various Dharma talks

Mission Dharma | Dharma talk

Podcasts

Global Awakin Network | 2020

Ten Percent Happier: Episode #105 | 2017

Being My Purpose | 2017

Mindful Revolution | 2017