

Danielle Kipnis, MA

208 Monitor St. #3, Brooklyn, NY 11222 • (516) 395-6868 • Daniellekipnis@gmail.com

EDUCATION AND PROFESSIONAL TRAINING

PhD Student

January 2023

Teachers College at Columbia University, New York, NY

MA in Applied Physiology

May 2021

Teachers College at Columbia University, New York, NY

Master's Thesis: Yoga for Individuals with Functional Neurological Disorder – A Case Series Protocol

BS in Dance and English-American Literature, *Summa Cum Laude, English Literary Honors* June 2012

Northwestern University, Evanston, IL

Certifications and Trainings

Yoga Alliance Certification, 200-hour

April 2014

Green Monkey Miami Beach

Certified Personal Trainer

December 2016

American College of Sports Medicine

Pre/Postnatal Performance Training Specialist Certification

September 2019

Pronatal Fitness

Trauma-Informed Yoga Certification, 20-hour

February 2017

United We Om

Special Populations Yoga Training, 7-hour

September 2019

United We Om

WORK EXPERIENCE

Certified Yoga Instructor

Yoga Instructor for People with Functional Neurological Disorder

January 2020-present

- Developing methodology for individualized yoga programs for people with Functional Neurological Disorder. Work closely with neurologists at Columbia University Irving Medical Center to provide yoga, breathing, and relaxation for over 20 patients

Yoga Teacher Training Instructor

The Corner Yoga Studio, Brooklyn, New York

January 2021- present

- Mentor training teachers in teacher training programs.
- Specialize in modules that transfer science to practice such as “Yoga for Special Populations,” and “The Science of Strengthening and Stretching.”

Private, Studio, and Corporate Yoga Instructor

April 2014 - present

- Provide in-home yoga and fitness instruction for over 20 clients of all ages and abilities. Combine yoga with elements of strength building and functional movement to help clients working with specific injuries and/or needs. Successfully trained clients with FND, gait and balance impairments, COPD, osteoporosis, arthritis, pain from postural problems, low back and neck ailments, shoulder and knee pain, vertigo, and pregnant women.
- Teach weekly vinyasa classes for all levels and ages. Emphasize anatomy and body awareness. Have instructed classes from 3 to 40 students.
- Teach yoga and meditation classes in offices and hospital settings including Columbia University Irving Medical Center, New World Symphony, Pinterest, Mount Sinai Hospital, and City of Miami. Started yoga program for musicians at the New World Symphony in Miami, FL.

Volunteer and Community Work

2021- present

General Coordinator, Community Health Fair, Neurorehabilitation Lab and Columbia University Medical Center

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WORK EXPERIENCE (CONTINUED)

Dance/ Creative Movement Artist and Choreographer

Founder and Artistic Director, Nazmo Dance Collective, New York, NY

September 2013-present

- Created to promote innovative dance performance and inspire fresh perspectives on personal and political relationships. Perform and present short and evening length repertoire in venues and festivals throughout the country.

RESEARCH EXPERIENCE

Principle Researcher

Yoga for Functional Neurological Disorders, A Case Series

September 2021 – present

Research Coordinator

Neurorehabilitation Lab, Teachers College, Directed by Dr. Lori Quinn

September 2021 – present

- Leading participant recruitment, screening, enrollment, and overall study management for two studies, Engage-PD and Preactive-PD

Research Assistant

Neurorehabilitation Lab, Teachers College, Directed by Dr. Lori Quinn

September 2019 – present

- PD-Care Gap Measures Project, CBPR and mixed-methods approach to identify health care gaps for racial/ethnic minorities with Parkinson's Disease. Organizing project events and programming, creating educational materials, writing papers to disseminate findings; funded by CAMPR/ISP

PUBLICATIONS

Kipnis D, Kruusamäe H, King M, Schreier AR, Quinn L, Shih HS. Dance Interventions for Individuals Post-stroke - A Scoping Review. *Top Stroke Rehabil.* 2022 Aug 13:1-18. doi: 10.1080/10749357.2022.2107469. PMID: 35968809.

Kipnis D, Lin M, Shah H, Quinn L, Parker A. The PD Movers: We Keep Moving. Indianapolis, Priority Press, 2022.

Kipnis D. and Pacheco A, Delfing D, Mensah, N, MacPherson C, Reiger J, Parker A, Coley RB, Coley D, Shah H, Quinn L, Community-Based Participatory Research Approach to Address Healthcare Disparities in Members of the Black Diaspora with Parkinson's Disease, *Parkinsonism and Related Disorders*, (In Preparation).

Kipnis D, Leung S, Schreier AS, Kwei K, Shah H, Quinn L. An Individualized Yoga Intervention for People with Functional Neurological Disorder: A Case Series, *International Journal of Yoga Therapy*, (In Preparation).

Kipnis D, Lin M, Pacheco A, Mensah N, Gu Y, MacPherson C, Coley RB, Coley D, Parker A, Shah H, Quinn L, Identifying Barriers and Facilitators to Care for Members of the Black Diaspora and Hispanic People Affected by Parkinson's Disease: A Qualitative Research Study, (In Preparation).

CONFERENCE PRESENTATIONS

D. Kipnis, K. Kwei, H. Shah, L. Quinn. Yoga for Functional Neurological Disorder (FND) – A Case Study [abstract and poster]. *Movement Disorders Society International Congress*; Madrid, Spain; 2022 September 15-17.

Kipnis D, Shah H Quinn L. Yoga for Functional Neurological Disorder – Two Case Descriptions [abstract and poster]. In: *American College of Sports Medicine Greater New York Chapter Spring Conference*; virtual; 2021 April 10.

Kipnis D, Shah H Quinn L. Yoga for Functional Neurological Disorder – Two Case Descriptions [abstract and poster]. In: *Movement Disorders Society Virtual Congress*; virtual; 2021 September 17-20; Abstract nr 201.

Kipnis D, Kruusamäe, King M, Schreier AR, Quinn L, Shih HS. Dance for Stroke Survivors - A Narrative Review of the Current Evidence [abstract and poster]. *International Association for Dance Medicine and Science 31st Annual Conference*; virtual; 2021 October 21-24.

LECTURE PRESENTATIONS

Guest Speaker, Brain Lecture Series: Racial Disparities in Health Care	November 11, 2021
Guest Lecturer, Long Island University, Physical Therapy Department, Health Promotion and Wellness Course	October 1, 2023
Guest Lecturer, Teachers College Columbia University, Movement Disorders Course	November 28, 2023
Presenting Speaker, 2024 IDEA & ACSM Health & Fitness Summit “Teaching Yoga and Movement for People with Neurological Conditions”	February 22-25, 2024

HONORS AND AWARDS

Vice President’s Grant for Diversity and Inclusion, Teachers College, Columbia University	2022, 2023
Best Case Study, American College of Sports Medicine Greater New York Chapter Spring Conference	2021
Student Research Fund Recipient, International Association for Dance Medicine and Science	2021

Personal Statement

I am a PhD Student in kinesiology at Teachers College, Columbia University and my research is focused on integrative movement therapies for individuals with neurological conditions. I am a certified yoga instructor and dancer, using my doctoral education in movement science to research and implement alternative and integrative movement therapy in a rehabilitative setting. Through my training in trauma-informed yoga practices, I have implemented methods of yoga instruction for people with neurological conditions. My research is the first to examine yoga as a rehabilitative treatment for people with Functional Neurological Disorder. Moreover, my work aims to describe and codify these methods through research, implement them in clinical practice, and train other yoga instructors in the methodology who are in the neurorehabilitation field. I have experience training other practitioners in trauma-informed, inclusivity, and accessibility teaching methods through yoga teacher training programs. I have also presented my research at several conferences including Movement Disorders Society and International Association of Dance Medicine and Science.

I am research coordinator for several large and small projects in the Neurorehabilitation Lab at Teachers College, Columbia University. Through this work, I have experience with recruitment and enrollment, organization of overall study activities, and management of IRB requirements. Additionally, I have worked with academic researchers alongside community partners and a patient advisory council to implement a community-based participatory research approach. I have coordinated efforts to hold focus groups, experience with quantitative and qualitative research methods, written papers for publication, and organized community events such as health fairs and an educational symposium. Finally, I edited and produced a community-targeted educational storybook tool for disease education.