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Top Skills

Motivational Interviewing

Non-profits

Grants

Languages

German (Professional Working)

Portuguese (Limited Working)

Publications

Sunset Therapy: A Prescription for
Healing

Finding Your North: Self-help
Strategies for Science Related
Careers

Marcus "Adeshima" Lorenzo Penn, MD, CYT

Self-Care Restorative Coach, Consultant, Advocate and Holistic
Educator

San Francisco Bay Area

Summary

Dr. Marcus Lorenzo Penn, M.D., C.Y.T. is a native to the San Francisco Bay Area. Harnessing his many talents as a holistic doctor, photographic artist, yoga teacher, wellness consultant, workshop facilitator, poet, author, and speaker, Dr. Penn is passionate about living, seeing and moving through life fully. As a community health and wellness consultant, Dr. Penn has over 10 years experience working with diverse ethnic populations and age groups. Focusing much attention on the minority and under-served and under-resourced community populations, he provides health education and promotes good health and wellness through preventive health practices.

Dr. Penn has also been practicing yoga since 2003 and has been teaching yoga in the San Francisco Bay Area since 2009. He is a Certified Yoga Teacher (CYT) in the Raja and Hatha yoga styles receiving training through the Niroga Integral Health Fellowship in Berkeley, CA. Dr. Penn's philosophy is that as communities become more informed about their own health, they not only will become more empowered to make healthy changes, but they will ultimately become more healthy after actively implementing those healthy changes in their lives. He is also the founder of Self Care Reform Wellness a professional health and wellness consulting organization providing tools and strategies for self-awareness, personal transformation and lifestyle change. His consultancy is devoted to providing beneficial self care services, resources and workshops designed to shift the focus of healing, health, treatment and wellness back into the hands of the individual.

He maintains a desire to work in a fulfilling environment with shared interest and passion in informing and supporting various

communities of novel holistic and behavioral practices that can inspire healing and add to living a healthier life.

Experience

Samuel Merritt University

Assistant Professor and Restorative Counseling Coach

November 2018 - Present (1 year 10 months)

Oakland, CA

Providing Mindfulness Based Stress Reduction (MBSR) and other Humanities instruction along with Restorative Practice counseling for Samuel Merritt University students, faculty, staff and administration across multiple campuses around the San Francisco Bay Area.

Peaceful World Foundation

Program Facilitator

September 2018 - Present (2 years)

San Francisco Bay Area

Facilitating group conversation events around the local community on various peace themed topics with relevant social issues affecting society. Regular contributor for the Peaceful World Foundation blog.

Self Care Reform Wellness

11 years 4 months

CEO & Founder

December 2009 - Present (10 years 9 months)

San Francisco Bay Area

Self Care Reform Wellness (SCR Wellness) provides professional health/wellness tools and strategies to groups and individuals for self awareness, personal transformation and lifestyle change.

Recent Self-Care Trainings/Workshops/Coaching

*August 2018 -- Samuel Merritt University (SMU) School of Nursing Faculty Retreat, Self-Care Avatar Training Workshop Facilitator

*July 2018 -- Jones United Methodist Church (JUMC) Mental Health Fair, "The Journey of Self-Care & Resilience" Workshop Facilitator

*May 2018 -- Lake Merritt Independent Senior Living, "Seniors, Stress and Self-Care" Workshop Facilitator

*May 2018 -- Leveraging Equal Access Programs (LEAP), Inc., Self-Care Training Workshop Facilitator

- *April 2018 -- Homeless Children's Network, Self-Care Training Workshop Facilitator
- *March 2018 -- JUMC Health Fair, "Self-Care Tools For Stress & Anxiety" Workshop Facilitator
- *January 2018 -- Thrive East Bay Course, The Art of Living Weekend Intensive Facilitator
- *January 2018 -- SMU RN to BSN Program, Self-Care Superhero Training Workshop Facilitator
- *October 2017 - Present -- SMU, Nursing Student Support Group Counselor
- *October 2016 -- Ethnic Health Institute School-based Nursing Symposium, "Self-Care Inside and Out" Seminar Presenter
- *January 2016 -- Brahma Kumaris Trinidad, Peace in the Park Workshop Leader
- *October 2013 - Present -- Private Self-Care Coaching Clients

Recent Self-Care Retreats

- *February 2018 -- Grace Cathedral & Nob Hill Spa, "Self-Care Retreat: Day of Love in the Month of Love"
- *May 2017 -- SCR Wellness, Mercey Hot Springs Self Care Daylong Retreat Leader
- *May 2016 -- SCR Wellness, Mt. Shasta Self Care Weekend Retreat Leader
- *March 2014 -- Power of Presence Retreat: Lake Atitlan, Guatemala, Resident Yoga Instructor
- *April 2013 -- Power of Presence Retreat: Tulum, Mexico, Resident Yoga Instructor
- *March 2012 -- Power of Presence Retreat: San Jose, Costa Rica, Resident Yoga Instructor

Global Education Facilitator

January 2018 - Present (2 years 8 months)

Providing culturally relevant experiences locally, around the country and the world fostering multi-cultural dialogue, awareness and understanding.

Recent Experiences

- *Dec 2019 -- "R-Evolution: Dialogues in the Diaspora - Year of Return," Co-Leader, Ghana, West Africa
- *Jan 2019 -- "The Cuban Experience: Culture Border Crossing," Guided Tour, Co-Leader in Havana and Santiago, Cuba
- *May 2018 -- "West Oakland to West Africa Poetry Exchange," Poetry Slam Member in Accra, Ghana, West Africa

- *March 2018 -- "Culture, Care and Cuba: Building Rich Relationships," Guided Tour, Co-Leader in Havana, Cuba
- *January 2018 -- "Culture, Care and Cuba: Building Rich Relationships," Guided Tour, Co-Leader in Havana, Cuba
- *November 2017 - Present -- "Tribe Called Y.E.S." People of Color Gathering, Group Facilitator, Oakland, CA
- *October 2010 - Present -- San Francisco Bay Area "Maafa" African Holocaust and Middle Passage Commemoration Ceremony, Ancestral Meditation Facilitator, San Francisco, CA

Guest Lecturer

April 2015 - Present (5 years 5 months)

San Francisco Bay Area

Recent Lecture Opportunities

- *October 2018 -- Holy Names University, Forensic Psychology Conference, Yoga and Therapy
- *September 2018 -- Samuel Merritt University, School of Nursing, Mindfulness Based Stress Reduction (MBSR) Course
- *October 2015 -- Dominican University of California, Environmental Psychology course
- *October 2015 -- Dominican University of California, Biological Psychology course
- *October 2015 -- Dominican University of California, Health Psychology course
- *April 2015 -- Dominican University of California, Ethics in Healthcare course

Public Speaker

March 2013 - Present (7 years 6 months)

San Francisco Bay Area

Recent Speaking Engagements

- *July 2018 -- San Francisco Center for Spiritual Living, Sunday Guest Speaker Talk "Pride in our Diversity"
- *November 2017 -- San Francisco Center for Spiritual Living, Sunday Guest Speaker Talk "Your Fortune Begins in Consciousness"
- *August 2017 -- Santa Cruz Center for Spiritual Living, Sunday Guest Speaker Talk "Compassion Waits For Us"
- *November 2016 -- East Meets West Symposium San Francisco, "When West Meets East- An MDs Journey To Awakening" Seminar Talk
- *July 2016 -- Brahma Kumaris Trinidad, Peace in the Park Emcee
- *June 2016 -- San Francisco Center for Spiritual Living, Sunday Guest Speaker Talk "Self-Care for the Soul"

- *April 2016 -- Worldwide Insight Healing & Insight Web Series, Dharma Talk "Navigating the Worldly Winds of our Mind"
- *July 2015 -- Oakland Center for Spiritual Living, Wednesday Evening Talk "Spiritual Self-Care"
- *April 2015 -- 25th Annual Medical-Surgical Nursing Conference, Guest Speaker "Self Care Reform: Using Self Care as Personal Healthcare"
- *December 2014 -- San Francisco VA Hospital, MSW Student Monthly Meeting Talk "Self Care for a Healthy Body, Mind & Spirit"
- *September 2014 - September 2017 -- Brahma Kumaris San Francisco, Peace in the Park Emcee
- *October 2013 -- Home of Truth Spiritual Center, Sunday Guest Speaker Talk "Fall into Your Harvest"
- *June 2013 -- Home of Truth Spiritual Center, Sunday Guest Speaker Talk "Is Your Cup Half Full?"
- *March 2013 -- Home of Truth Spiritual Center, Sunday Guest Speaker Talk "Spiritual Self Care Reform"

Yoga & Mindfulness Instructor

May 2009 - Present (11 years 4 months)

These meditation and movement yoga classes consist of yoga poses that provide restorative relaxation, spinal alignment and spiritual opening. This class has particular emphasis on breath work and mindfulness throughout the poses. Dr. Penn is a holistic doctor who has been practicing yoga since 2003. He is a Certified Yoga Teacher in the Raja and Hatha yoga styles.

Recent Locations

- *November 2018 - Present -- Joyce Gordon Gallery, 'Art & Movement' Yoga Series Instructor
- *October 2018 -- OneLife Institute, 'Spirit, Sound and Silence Retreat' Silent Yoga Instructor
- *April 2018 -- OneLife Institute, 'Spirit, Sound and Silence Retreat' Silent Yoga Instructor
- *March 2018 - Present -- Percy Abrams Senior Housing, Chair Yoga Instructor
- *February 2018 - Present -- Prescott Joseph Community Center, Yoga for New Mothers Instructor
- *February 2018 - June 2018 -- Southlake Senior Center Apartments, Chair Yoga Instructor
- *June 2017 - Present -- Los Medanos Health Care District's Pittsburg Senior Center, Seated Mindful Movement for Falls Prevention Instructor

*September 2017 - Present -- Heart and Soul, Inc., Mindfulness and Movement Instructor

*August 2017 -- Kaiser Permanente Santa Clara, Meditation and Mindful Movement for MDs Instructor

*June 2017 -- Kaiser Permanente Santa Clara, 'Seeds of Hope' Wellness Movement Services Coordinator and Practitioner

*August 2014 -- Dominican University of California, Men's Soccer Team Self-Care and Yoga Instructor

*December 2013 - December 2016 -- Anasa Yoga Oakland, Gentle Yoga and Yoga Level I-II Studio Instructor

*October 2012 - Present -- Dominican University of California, Men's Basketball Team Self-Care and Yoga Instructor

*February 2012 - February 2013 -- ReGynesis Health Services, "Movement for Health" Prenatal Yoga Series

Marcus Lorenzo Penn Photography Photographer

June 2007 - Present (13 years 3 months)

Shown in more than 50 exhibitions, whether in a public or private setting, this photography tells a story of community and life. It is an honor and privilege to be a vessel for this artistic process and I welcome opportunities to share it wherever and whenever possible.

SELECT SERVICE OPPORTUNITIES:

2018 FEB Samuel Merritt University Office of Diversity and Inclusion, Event for "A Conversation with Ericka Huggins: Challenges and Successes of the Black Panther Party, and Its Significance Today", Oakland, CA

2017 NOV - PRESENT Ethnic Health Institute, Faces of Colo-rectal Cancer Project, Oakland, CA

2017 SEP - PRESENT Ethnic Health Institute, Health and Wellness Events, Oakland, CA

SELECT SOLO EXHIBITIONS:

2010 JAN "Faces of Ghana Photo Reflections" San Francisco Main Library African American Center, San Francisco, CA

2009 SEP "Caras de Cuba" (Faces of Cuba) Anna Edwards Gallery, San Leandro, CA

SELECT GROUP EXHIBITIONS:

2016 MAR 'The Art of Living Black' Satellite Exhibit Artist, American Steel Gallery, Oakland, CA
2016 JAN 'The Art of Living Black' Exhibiting Artist, Richmond Art Center, Richmond, CA
2015 JAN 'The Art of Living Black' Exhibiting Artist, Richmond Art Center, Richmond, CA
2009 JUL "Glimpses in Time" International Juried competition and exhibition, Joyce Gordon Gallery, Oakland, CA
2009 FEB 'Arts and Activism', Richmond Main Street Initiative, Richmond CA
2008 FEB Living Black: Urban Griot Art Exhibition, Treasure Island, San Francisco, CA

SELECT PUBLIC EXHIBITIONS:

2010 JAN "Faces of Ghana Photo Reflections" San Francisco Main Library African American Center, San Francisco, CA
2009 FEB "Faces of Ghana and Places of Ghana" Sonoma State University Black Art Gallery Sonoma, CA
2008 MAR "Faces of Ghana" photo series permanent installation De Anza College Administration Building and Library, Cupertino, CA

The U.S. Department of Health and Human Services, Health Resources and Services Administration
Contracted Health/Medical Grant Reviewer
February 2005 - Present (15 years 7 months)

Reviewed federal grant applications in an objective review committee meeting, provided strengths and weaknesses, discussed budget appropriation, and scored each application.

Rafiki Coalition for Health and Wellness (formerly known as Black Coalition on AIDS or BCOA)

Manager of Wellness Programs
August 2014 - December 2016 (2 years 5 months)

Managed, created and facilitated physical and holistic health services including health screenings, complementary and alternative medicine (CAM), health education, nutrition education and stress reduction for African American and other communities of color. Emphasis was also on supporting historically marginalized populations including the LGBTQ+ communities with programming that supports a thriving culturally accepting environment.

International Media TV

Associate Producer and Host

February 2012 - May 2016 (4 years 4 months)

Beginning in 2012, Dr. Penn started serving as an Associate Producer for InternationalMediaTV.com. A broadcast titled "Photography, A Prescription for Healing," co-produced and featuring Dr. Penn, can be viewed on this network. Serving in this capacity afforded him the opportunity to bring programming reflecting health and wellness to a global audience, as well as promoting the arts and the practice of living fully. He has conducted a variety of interviews and covered politics and other issues for the network.

EMS Corps Training Program - Alameda County

Training Instructor

July 2013 - May 2014 (11 months)

San Francisco Bay Area

Facilitating a curriculum of Self-Care tools and stress reduction strategies for EMS Corps Training Cohorts of young men of color to manage the rigors of the training program and personal life. Mindfulness techniques, introductions to meditation and yoga inspired movement were used in the Self-Care curriculum.

University of California San Francisco Department of Radiation Oncology

Community Health Liaison and Coordinator of Outreach

June 2007 - May 2012 (5 years)

Increasing cancer education and awareness in minority and underserved populations of the San Francisco Bay Area through cancer screenings and outreach to the community.

HEALTHY COMMUNITIES INC

Community Health Consultant

April 2007 - April 2010 (3 years 1 month)

Providing health and wellness education and presentations for Healthy Communities, Inc. programs in a variety of venues within the San Francisco Bay Area.

MEDICC - Medical Education Cooperation with Cuba

Community Health Consultant

2007 - 2010 (3 years)

Research participant in 2008 and 2009 visits to Havana, Cuba and other cities to study and learn from the Cuban Health Care Model.

Alta Bates Summit Medical Center

Program Coordinator

November 2006 - April 2007 (6 months)

Recruitment and outreach for participants in a health study looking at the benefits (blood pressure, heart rate, blood sugar, and cholesterol) of fish oils (omega-3 fatty acids) in African Americans between the ages of 20-59.

University of California San Francisco Department of Radiation Oncology

Coordinator of Outreach

November 2005 - June 2006 (8 months)

Increased cancer education and awareness in African American and underserved populations of color of the San Francisco Bay Area through cancer screenings and outreach to the community.

Education

Center for Wellness and Achievement in Education (CWAE)

Training, Transcendental Meditation (TM) · (2013 - 2013)

Niroga Institute

C.Y.T., Yoga Teacher Certification · (2007 - 2009)

Alameda County Medical Center, Highland Hospital Oakland, CA

Transitional Medical Internship, Medicine · (2006 - 2006)

Howard University College of Medicine

M.D., Medicine · (1999 - 2003)

Morehouse College

B.S., Major: Biology, Minor: German · (1995 - 1999)