# Adam Caplan

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**Portfolio: apcaplan.github.io  *  Github: github.com/apcaplan**

Software engineer and international yoga teacher with a passion for learning and for helping others to be their best. Over 10 years experience coaching, teaching, problem solving with diverse populations, and creating customized solutions to meet individual needs

## RECENT PROJECTS

### Flash!
- Designed and developed full-stack flashcard study application
- Built using MERN stack: MongoDB, Express.js, React.js, Node.js

### Meditation Timer
- Designed and developed full-stack application with timer and meditation log
- Built using React.js, CSS3, Bootstrap, Ruby on Rails

### Sun Salutations
- Designed and developed full-stack authenticated application with full CRUD actions, offering a fun way to learn, practice, and track yoga sun salutations!
- Built front end client with React.js, JavaScript, HTML5, CSS3, Material-UI, and backend RESTful API with Ruby on Rails

### RESTaurant
- Collaborated with three teammates to create a user-friendly app for restaurants to track inventory
- Built using JavaScript, HTML5, CSS3, jQuery, AJAX, Handlebars, Bootstrap, Node.js, Express.js, MongoDB
- Developed using SCRUM, other Agile methodologies, team version control
- Completed MVP and project requirements in 3 business days

### Mindfulness Meditation Journal
- Designed and developed a full-stack, user-friendly app for journaling meditation experiences, tracking changes, observing progress over time
- Built using JavaScript, HTML5, CSS3/SASS, jQuery, AJAX, Bootstrap, Handlebars, Ruby on Rails, PostgreSQL
- Cloud-based deployment hosting using GitHub pages and Heroku

## WORK EXPERIENCE

**Software Engineering Fellow**, General Assembly
Boston, Massachusetts                                      May 2019 - July 2019
- Completed 4 projects during a 12 week, 500+ hour immersive course, honing skills in full-stack responsive web application development
- Built 4 SPA's with full CRUD actions, implementing responsive design

**Advanced Yoga and Meditation Teacher,** Adam Caplan Yoga
Multiple locations in Thailand, India, and USA          October 2005 - present
- Teach workshops, retreats, trainings, and classes in diverse international communities, to over 500 students per year, with classes ranging in size from private one-on-one's to groups of over 100 students
- Develop and deliver custom tailored solutions based on client goals
- Manage teams of 20-25: lead, supervise, schedule, delegate, counsel, teach, train, mentor, and support yoga teachers

**Academic and Test Preparation Coach,** PrepMatters
Bethesda, Maryland                                    August  2003 - August 2007
- Tutored academic subjects for over 3,000 hours
- Designed and implemented individualized plans to meet client needs
- Developed and implemented curricula for pro-bono student groups

## TECHNOLOGY SKILLS

| | |
|---|---|
| JavaScript | HTML |
| React.js | CSS |
| Bootstrap | jQuery |
| Material-UI | SASS |
| Handlebars | Rails |
| Node.js | Ruby |
| Express.js | SQL |
| Mongoose | MongoDB |
| Git /GitHub | Heroku |

## EDUCATION

**Boston University**
Boston, MA
Bachelor of Arts,
English and Religion
Magna Cum Laude,
University Professors
Honors Program

**City Year Boston**
Corps Member

## YOGA TEACHER CERTIFICATIONS

**Agama Yoga School**
Koh Phangan, Thailand
Yoga Philosophy and Practice, 2,500+ hours formal study

**Hridaya Yoga**
Koh Phangan, Thailand (500 hours)

**Agama Yoga School**
Koh Phangan, Thailand (500 hours)

**Kripalu Center**
Stockbridge, MA
(200 hours)