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EXPERIENCE

CLINICAL SHIATSU PRACTICE SINCE 2010

Certified Asian Bodywork Therapist, AOBTA

- Clinical Shiatsu Practice
- Licensed Massage Therapist
- Sotai Movement Integrative Therapy
- Inquiry-Based Bodywork
- Meditation
- Wellness Consultations

Heartwood Center for Integrative Health and Healing, Evanston, IL
March 2021 - Present

Zen Shiatsu Chicago, Evanston, IL
March 2010 - March 2021

HoloBeing Healing Arts Center, Boulder, CO
August 2018 - September 2019

TEACHING - COURSES AND WORKSHOPS

After School Matters, Chicago, IL

March 2020 - Present

- Teaching mindfulness meditation skills and yoga practice to Chicago Public High School teens

Zen Shiatsu Chicago, Evanston, IL

June 2013 - 2018

- Teaching in the professional certification program: Beginning Zen Shiatsu, Zen Shiatsu Level 2, Practice Class Supervision

5 Elements Corporate course

Online course for Walking Tree Ventures

Jan - Feb 2020

- Teaching Executives and Creative Directors in international design studio based in Berlin, India and China

5 Elements Foundations

Online course for the public

Feb - March 2017

”Discovering the Meridians”

Bali Spirit Yoga Festival

Intro Workshop in Bali, Indonesia

March 2017

“Self-Shiatsu for Wellness”

2-day immersion workshop in Kerala, India

February 2017

“Shiatsu Introduction”

Ashram Gandhi Puri

2hr workshop in Bali, Indonesia

February 2014 & March 2017

Vinyasa Warrior Retreat

Stonehouse Farm, Moksha Yoga

Shiatsu sessions

May 2016

Sukhava Bodhe Yoga & Music Festival

Stonehouse Farm, Moksha Yoga

Shiatsu sessions

September 2015 & 2016

Lotus Rising Women's Retreat

Stonehouse Farm, Moksha Yoga

Shiatsu sessions

August 2016

Chiaravalle Montessori School, Evanston, IL

Substitute Montessori Teacher

March 2015 - July 2016

- Substitute teaching in classrooms including Toddler, Early Childhood (3-6yrs), Middle School, Art class, PE, and After-school program

Lotus Rising Women's Retreat

Stonehouse Farm, Moksha Yoga

Sri Lalita Sahasranama Sanskrit Chanting Workshop

August 2015

Sat Nam Yoga - Chicago, IL

Laughter Yoga Workshop

June 2014

Zen Shiatsu Chicago - Evanston, IL

Laughter Yoga Workshop

February 2014

Gentle Yoga & Meditation

Zen Shiatsu Chicago

Weekly gentle yoga classes

2013-2014

Becoming an Outdoors Woman Retreat

Illinois Department of Natural Resources

"Medicine Cabinet Massage"

3-hr retreat workshop

June 2012

Lead Sculptor & Assistant Builder

Spectacle Fortuna, Chicago, IL

2006-2008

- Design and build of large-scale parade puppets and theatrical elements using the mediums of clay, mache, bamboo, painting, costume design
- Artistic collaborations with company designers

VOLUNTEERING

Embracing the World - Kerala, India

(an NGO with Special Consultative Status to the United Nations)

Nov 2013 - Mar 2014

Nov 2014 - Jan 2015

Dec 2015 - Jan 2016

Dec 2016 - Jan 2017

Jan 2017 - Feb 2018

Climate Cycle - Spring Soiree

Peggy Norbert Nature Museum

Shiatsu sessions

2012

Climate Cycle - Ride to Recharge

Shiatsu sessions

2011

CAWC - Connections for Abused Women and Children, Chicago, IL

Student Externship

May - July 2010

EDUCATION

Matriculated at Northwestern University

Undergraduate degree completion

Class of 2023

- Bachelors of Philosophy in Humanities

Post-Graduate Clinical Shiatsu Studies Program

September 2016 - September 2017

- Year-long advanced Shiatsu training

Massage Diploma Adjunct Training

January 2011-April 2011

- 90-hour additional training for Illinois Massage Licensure

Zen Shiatsu Chicago

Certified Shiatsu Practitioner training

October 2009 – December 2010

- 625-hour Shiatsu Certification program

Harold Washington City College

2007-2008 academic year

- Concentration in Philosophy and Humanities

Columbia College Chicago

2006-2007 academic year

- Concentration in Art and Photography